

Tier 3 Vocabulary

Diet	What you eat
Healthy	To be in a good physical and mental condition
Hygiene	The things we do to keep our body clean and help stop the spread of germs
Energy	The strength to do active things without getting tired.
Utensils	A tool or container, often one used in the kitchen.
Muscle	Tissue in the body that helps the body move
Chef	The chief cook in a restaurant
Suitability	How right something is for a particular purpose
Enquiry	To ask about someone or something
Mouldy	A furry fungus that grows on old food r damp walls
Lubricate	To add oil or grease to a part of a machine so that it suns more
Dehy-	Do not have enough water in

Scientific skills and understanding

- To observe closely
- To perform simple tests
- To identify and classify
- To use observations and ideas to suggest answers to questions
- To gather and record data in answering questions

Key Facts

By eating and drinking well it helps one to grow and keep healthy	Balanced
Storing certain foods in dry, cold or warm places allows it to give you energy in the best way possible	Suitability
Different tools used in different ways to cook things	Utensils
Knowing that to keep healthy also means cooking healthy foods, keeping clean and safe.	Master Chef

Diagrams

