

## Food - Fruit Salad

### Bluebells

|             |   |
|-------------|---|
| Fruit       | The part of a plant that contains seeds.  |
| Healthy     | When everything in your body and head feels good.   |
| Ingredients | Items that make up a mixture, for example, foods that make a recipe.  |
| Peel        | The tough skin around certain fruits and vegetable, such as oranges.  |
| Peeler      | A tool which helps you to remove the tough skin off the fruit and vegetables  |
| Recipe      | A set of instructions for making or preparing a food item or dish.  |
| Slice       | To cut pieces off something with a knife.   |
| Vegetable   | Parts of plants that can be eaten by people as food. The parts may be the leaves, roots or stem. Vegetables do not contain any seeds. |



**Key facts**

| Fruits       | Vegetables |
|--------------|------------|
|              |            |
| Apples       | Potatoes   |
|              |            |
| Oranges      | Broccoli   |
|              |            |
| Strawberries | Onions     |
|              |            |
| Bananas      | Carrots    |