

UNIT 4

NAME

1	Recognise the different food groups.	Identify and name the food groups and match them to their function in the body.
2	Identify and name different foods.	Recognise the foods from each group.
3	Acquire and appreciate food safety habits for healthy eating.	Learn how to store food correctly depending on its type.
4	Know the meaning of a healthy diet.	Acquire and appreciate habits for healthy eating.
5	Identify information on food labels.	Use appropriate vocabulary when naming foods.
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