	UNIT 3 NAME	Recognise the importance of a varied diet and acquire habits necessary for a healthy diet.	Name and recognise different types of food.	Identify and name the different food groups.	Recognise the food from each group.	Recognise and differentiate food that comes from plants.	Recognise and differentiate food that comes from animals.	Match and identify food with the animal food source.	Name and differentiate fresh from processed products.	Follow the steps involved in a recipe.	Learn about hygiene when preparing food.	Use appropriate vocabulary when naming foods.	Actively participate in cooperative work activities.
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