

My name is

name

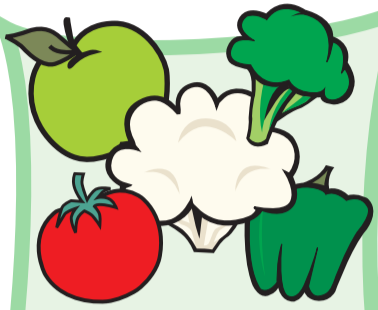
I can...



Diet and health



eat well



eat 5 a day



drink plenty



brush my teeth



play



Shopping



tell where my food comes from



help my family shop



INGREDIENTS



point out food labels



talk about the food I like



talk about the food my family and friends like



Cooking



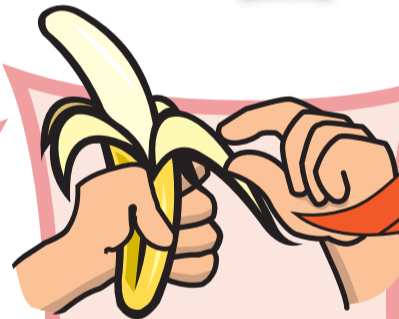
name lots of foods



name and use kitchen equipment



help to cook safely



peel, slice, mix, grate and spread



recycle food packaging



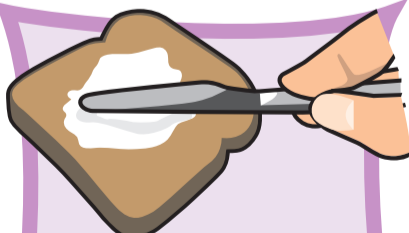
Food safety



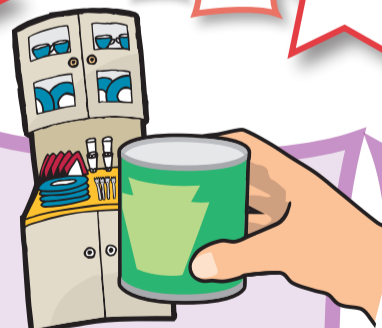
wash my hands



get ready to cook



be safe in the kitchen



help put food away in the right place



clean and tidy away



food route a journey through food



FOOD STANDARDS AGENCY

