

Year 1 Knowledge Organiser - Smoothies



Fruit and vegetables are an important part of a balanced diet.



Key vocabulary

Cut - To use a knife to make something smaller.

Fruit - The part of a plant that has the seeds in.

Ingredients - The foods needed to make a recipe.

Juice - To get the juice out of a fruit or vegetable.

Juicer - Something used to get juice from a fruit.

Leaf - The flat green part of a plant that grows from a branch or stem.

Root - Part of a plant that takes water and other things from the soil.

Seed - New plants grow from it.

Stem - The long, thin part of a plant that holds it up.

Table knife - A tool used for cutting.

Vegetable - Any part of a plant that you can eat.

Fruits



Apples



Oranges



Strawberries



Bananas

Vegetables



Potatoes



broccoli



Onions



Carrots