

**Texture-** the feel and appearance of a surface or substance.



**Slicing-** To cut in food into slices/pieces.



**Surfaces-** the outside part or uppermost layer of something.



**Juicy-** With food, this is full of juice and succulence.



**Vitamins-** these are essential for normal growth and nutrition.



**Salad-** a cold dish of various mixtures of vegetables or fruits.



**Healthy-** This is when your body is in a good physical or mental condition; in good health.



**Minerals-** These are the elements on the earth and in **foods** that our bodies need to develop and function normally. They are essential for our health.



**Sour-** having an acid taste like lemon or vinegar.

**Sweet-** having the pleasant taste characteristic of sugar or honey; not salt, sour, or bitter.

**Squashy-** easily crushed or squeezed into a different shape; having a soft consistency.

**Delicious-** highly pleasant to the taste.

**Crunchy-** making a sharp noise when bitten or crushed.

**Chop-** To cut something into pieces with repeated sharp blows of an axe or knife.



**Peel-** To move the outer covering or skin from a fruit or vegetable.



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**An apple  
is  
crunchy.**

**Energy-** You get energy delivered to the body through foods.

<b>Snack-</b> a small amount of food eaten between meals.	
<b>Tasty-</b> When eating foods- having a pleasant, distinct flavour.	

**Equipment-** the necessary items for a particular purpose.

For a fruit salad, these are the ingredient and tools needed to make the salad.

**Recipe-** a set of instructions for preparing a particular dish, including a list of the ingredients required.

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