

In year 6, we explored **seasonality** and looked at the different types of foods grown around the world. We identified fruit and vegetables grown in the UK and further deepened our understanding as to why particular fruits and vegetables could not grow in this country.

We investigated how food is **grown**; then looked at how it is **harvested**. We explored the different types of **rearing** and the way food is **caught**. We had an insight as to how food is monitored and inspected so that it is safe to consume.

We looked at **healthy** ways to create our smoothies. We selected ingredients that was free from sugar as adding sugar reduces the **nutrient** density. Furthermore, routinely consuming too much added sugar may increase the risk of chronic ailments like heart disease, diabetes, and liver disease.

We had a splendid opportunity to create our own smoothies.!



Here are some of the ingredients
we included:

Bananas

Berries

Strawberries

Mango

Apple juice

Orange juice

Water

Milk

We chose a name for our smoothie; selected the ingredients and **evaluated** our amazing product!

We reserached the different food groups: **protein, fats, carbohydrates, dairy, vitamins and minerals.** We further broadened our knowledge to find out how each group benefits the human body





















