INTRODUCTION:
The difference between a fruit and vegetable isn’t always obvious for a child. This worksheet should help them to understand what determines if a food is a fruit or vegetable.

RECIPE TIPS:
• Chef Andrew used chopped tomatoes, if you don’t have these use chopped fresh tomatoes or a jar of passata.
• If you don’t have a blender you can leave the sauce chunky.
This sauce freezes well, so make a big batch and use it for lasagna, bolognese, soups or pasta sauces.

ACTIVITY TIPS:
• KS1 - Remind children that vegetables are from roots, stems & leaves while fruits come from a flower and have seeds on the inside. Show your child pictures of how the ingredient grows, this will help them to better understand if the food is a leaf, root, flower etc.
• KS2- When out on a walk or in the garden get your child to study different plants and their anatomy.

NUTRITION NUGGET:
• Tomatoes are a super healthy food, they contain an antioxidant call lycopene which protects the body against damage and helps to prevent disease.
• It’s important that children get at least 5x 80g portions of 5 different fruit and vegetables per day. This tomato sauce can be used as a great hiding place for other veggies. Try adding in a carrot, courgette, pepper or spinach. Once blended children will never notice the extra vegetables.

CURRICULUM LINKS:
• Art - Become proficient in drawing, painting, sculpture and other art, craft and design techniques.
• Science- Identify and describe the basic structure of a variety of common flowering plants
• Science-Find out how plants need water, light and a suitable temperature to grow and stay health

TOOLS REQUIRED:
• Pencil
• Rubber
• Coloured pens and/or pencils
• Paper