

## 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

