



WHAT'S CHANGED? KEY STAGE ONE WORKSHEET INSTRUCTIONS FOR HOMESCHOOLER PARENTS OR TEACHERS

Show children the Can I eat it? Powerpoint presentation.

Use the presentation to help children understand that we cannot eat food straight from its source, e.g. farm, sea, it has to be changed in some way.

Sometimes it is just changed in a small way, such as being washed or peeled. Sometimes it has to be cooked or treated. Establish that these changes are made to make food safe to eat.

Give or show children the What's changed? cards. The children can cut out or draw, match and stick the foods in their books.

They can then write, or cut out and stick the Changing words cards, to show how the foods have changed between each picture. You may wish to cut out and laminate the cards so they can be reused.

Answers:

Broccoli: pick, cut, wash cook;

Potatoes: wash, cook;

Cucumber: pick, wash, cut;

Chicken: cook; Beef: shape, cook;

Strawberries: pick, wash, cut;

Cod: cut, coat (with breadcrumbs), cook.

