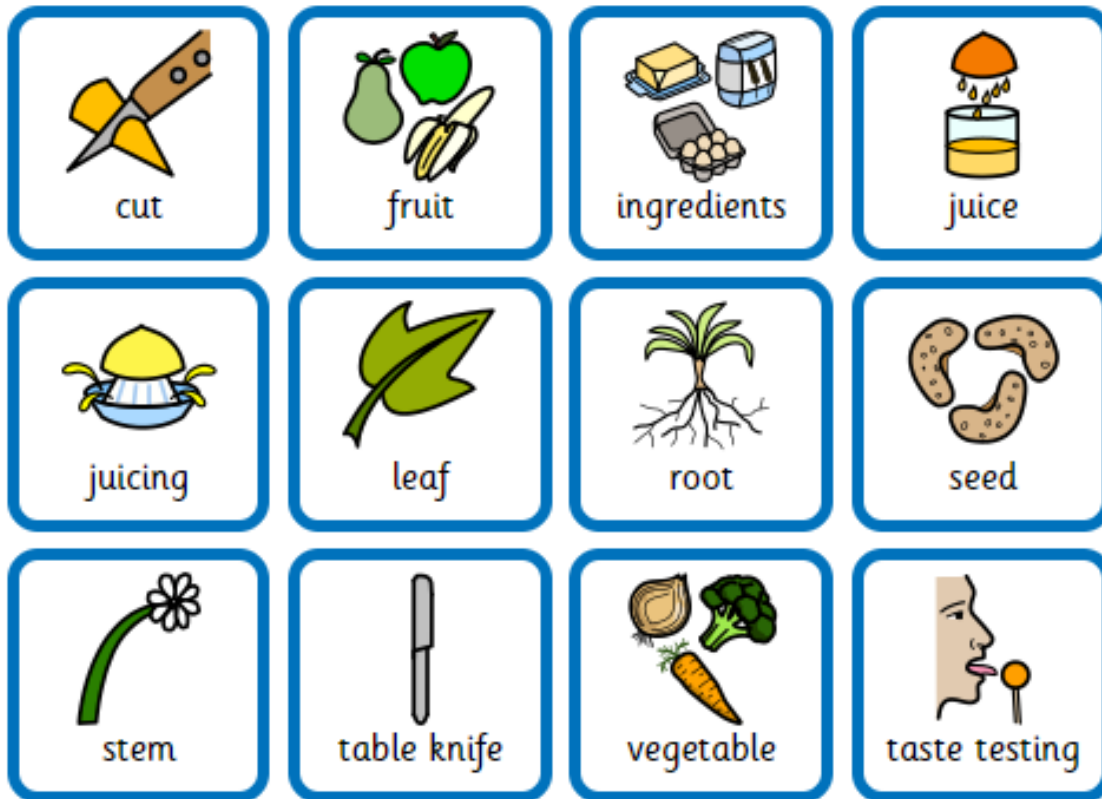








Year 1 Knowledge Mat: Smoothies



Fruits and vegetables are an important part of a balanced diet.

fruits	vegetables
 strawberries	 potatoes
 grapes	 spinach
 bananas	 carrots