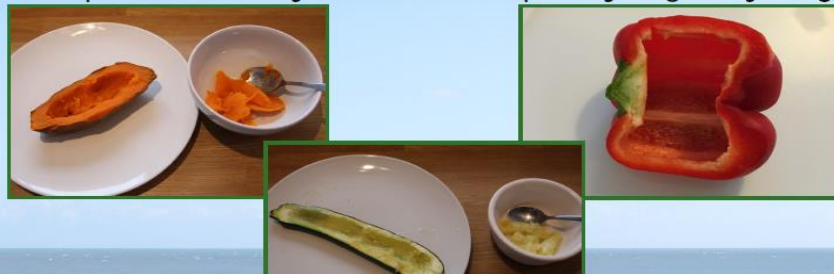


Technical knowledge

Families have been going to the seaside for generations. Usually people make and pack picnics, with different snacks to eat whilst there.

Making edible boats

Place your halved vegetable on a clean flat surface. Scoop out some of it to create space for your filling.



Put the filling in your vegetable.



Keeping safe

Before working with food you must...

Wash your hands.
Make sure work surfaces are clean.
Tie long hair up.

Remember to stay at your table when you are preparing food.



Key Vocabulary

Picnic	Preparing food and eating it outdoors.
edible boat	A snack made by scooping out and filling vegetables
savoury	Foods that are not sweet in flavour.
vitamins	Your body needs these to stay strong and healthy. Can be found in food or tablets.
appetising	Looks good to eat.
dehydrated	When your body doesn't have enough liquid and you need to drink some water.

Seaside Snacks



Edible boats



Fruit sculptures



Home made ice lollies



Sandwiches with different fillings



Cakes with different decorations

What did you enjoy making the most?

What did you least enjoy making?

Which was the healthiest snack?

Which was the least healthy snack?

