



PRESERVING FOODS

ACTIVITY - CANNING FOODS



Tinned Fruit

Lots of foods are preserved through a canning or freezing process. Did you know canned or frozen foods can be Superhero Foods?
We want to choose Superhero Foods for a healthy body and strong mind.

Your task:

1. Cut out the pictures on the following page
2. Glue the pictures onto this sheet in the correct order
3. Number each step or draw arrows to show the order



Fruit Mob

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