

Sequence of Learning					
What does being healthy mean?	What foods should I eat more of and what foods should I eat less of?	Is my school dinner healthy? How can I make it healthier?	What is exercise and why is it good for me?	How can I be physically active every day?	What can I do to be healthier?

<p><u>Vocabulary</u></p> <ul style="list-style-type: none"> ● Healthy ● Foods ● Fruit and vegetables ● Exercise ● Sugar ● Protein ● Fats ● Dairy ● Carbohydrates ● Physical activity 	<p><u>Intended outcomes:</u></p> <p>To know about what keeping healthy means; different ways to keep healthy</p> <p>To know about foods that support good health and the risks of eating too much sugar</p> <p>To know about how physical activity helps us to stay healthy; and ways to be physically active everyday</p> <p>To know about the people who help us stay physically healthy</p>	<p><u>Previous Learning:</u></p> <p>In EYFS children have talked about healthy options during snack time.</p> <p><u>Preparing for:</u></p> <p>Healthier lifestyle and lifestyle choices.</p> <p>Further and deeper learning in future years around the eat well plate, what constitutes a “balanced” diet and the role of specific food groups to keep our bodies healthy.</p> <p><u>Bespoke to our school:</u></p> <p>Recent height and weight check revealed that obesity levels in school are above both the local and national average.</p>
---	---	--

<p><u>Resources/ actions</u></p> <ul style="list-style-type: none"> ● visit from school nurse – how can we be healthy? ● Visit from Owen- how can we be physically active everyday? ● Change4life website ● Link with school dinners- are these healthy? How can they be more healthy or less healthy- link to food groups. (lesson 3)- interview with kitchen staff?
--