
















# Curriculum Overview - Healthy Eating

Term 1: Food Production and Processing / Food Safety and Hygiene











	TERM 1 WEEK 1	TERM 1 WEEK 2	TERM 1 WEEK 3	TERM 1 WEEK 4	TERM 1 WEEK 5	TERM 1 WEEK 6	TERM 1 WEEK 7	TERM 1 WEEK 8	TERM 1 WEEK 9	TERM 1 WEEK 10
<b>YR1 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 1 LESSON TITLE	Living and non-living things	I need food and drink to ...	Where does food come from? 	Growing vegetables	Preparing & tasting carrots	Grandad the Greengrocer	Where in the world?	My favourite food	What are the ingredients?	Bagel snakes
<b>YR 2 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 2 LESSON TITLE	Types of growing and gardening	Planning the garden	Indoor gardens 	Harvest festival 	Seasonal tasting	A farmer's life 1 	A farmer's life 2 	Indoor harvest 	Hygiene in the kitchen	Why did the bread go mouldy?
<b>YR 3 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 3 LESSON TITLE	The farming year	A day on a dairy farm	Milk from farm to shop	Making cheese	Milk mastermind	Phunky Microbes	Looking after food	Decaying food	Stop the germs	Putting it into practice
<b>YR 4 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 4 LESSON TITLE	An introduction to farming	Intensive vs sustainable farming	Food from around the world	Farming in Bolivia	Bolivian potatoes	Where does my food come from?	In the kitchen (1)	In the kitchen (2)	Phunky restaurants 	Menu madness 
<b>YR 5 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 5 LESSON TITLE	Growing wheat seeds (1)	The story of bread	Making bread	What wheat?	Growing wheat seeds (2)	We need food and water	All different foods	New product development 	Marketing & branding 	Marketing & promotion 
<b>YR 6 THEME</b>	<b>FOOD PRODUCTION &amp; PROCESSING</b>					<b>FOOD PRODUCTION &amp; PROCESSING</b>				
YR 6 LESSON TITLE	Chocolate and fair-trade	Chocolate food miles	Food waste	Leftover lunches	Recycle, recycle, recycle	Fantastic food	Taking responsibility for health 	Corporate Social Responsibility 	My fast food restaurant 	Opening night! 

# Curriculum Overview - Healthy Eating

Term 2: Diet and Health




	TERM 2 WEEK 1	TERM 2 WEEK 2	TERM 1 WEEK 3	TERM 2 WEEK 4	TERM 2 WEEK 5	TERM 2 WEEK 6	TERM 2 WEEK 7	TERM 2 WEEK 8	TERM 2 WEEK 9	TERM 2 WEEK 10
<b>YR1 THEME</b>	<b>DIET AND HEALTH: THE FIVE FOOD GROUPS</b>					<b>DIET AND HEALTH: STRIVE FOR 5!</b>				
YR 1 LESSON TITLE	What is health?	The five food groups	Eat more of ...eat less of ... (1)	Eat more of ...eat less of ... (2)	Healthy activities	Strive for 5!	Eat a rainbow	Raw and cooked	Fruity-veggie hats	Fruit salad
<b>YR 2 THEME</b>	<b>DIET AND HEALTH: THE FIVE FOOD GROUPS</b>					<b>DIET AND HEALTH: BAG-A-BREAKFAST</b>				
YR 2 LESSON TITLE	What do we eat at the moment?	Do we have a balanced diet?	The benefits of a healthy lifestyle	How could we adapt our diet?	Healthy eating – spread the word!	Breakfast brainstorm	Breakfast bar charts	My balanced breakfast	Boris the Belly Beast 	Boris the Belly Beast 
<b>YR 3 THEME</b>	<b>DIET AND HEALTH: THE EATWELL PLATE</b>					<b>DIET AND HEALTH: EAT WELL!</b>				
YR 3 LESSON TITLE	It's all about the balance 	Food to make our body work	Superhero you 	Packed lunches and school dinners	Pack a punch lunch	Design a dairy diary	Dairy and bone health	Dairy and dental health	Dairy smoothie tasting	PhunkyFoods dairy character
<b>YR 4 THEME</b>	<b>DIET AND HEALTH: THE EATWELL PLATE</b>					<b>DIET AND HEALTH: EAT WELL!</b>				
YR 4 LESSON TITLE	Healthy eating – what do we know already?	What do we need food for?	PhunkyFood Diaries	A healthy debate (1)	A healthy debate (2)	Introducing meat, fish & alternatives	Fishy business	Brilliant blood	Muscle mayhem	A healthy days diet
<b>YR 5 THEME</b>	<b>DIET AND HEALTH: THE NUTRIENTS</b>					<b>DIET AND HEALTH: GET ACTIVE!</b>				
YR 5 LESSON TITLE	Healthy eating quiz	Energy	Foods that give us energy	Malnutrition (1)	Malnutrition (2)	An introduction to physical activity	Physical activity and our body	Physical activity and heart health	Get active promotion	Fantastically Fit Challenge
<b>YR 6 THEME</b>	<b>DIET AND HEALTH: THE NUTRIENTS</b>					<b>DIET AND HEALTH: HEART HEALTH</b>				
YR 6 LESSON TITLE	Different foods give us different things	The consequences of an unhealthy diet 	Exploring energy balance 	Food choice and energy balance 	An introduction to body image 	The heart	Your pulse	Brilliant blood	Have a healthy heart	Healthy heart tasting session

# Curriculum Overview - Healthy Eating

Term 3: Cultural Aspects of Food / Diet and Health



	TERM 3 WEEK 1	TERM 3 WEEK 2	TERM 3 WEEK 3	TERM 3 WEEK 4	TERM 3 WEEK 5	TERM 3 WEEK 6	TERM 3 WEEK 7	TERM 3 WEEK 8	TERM 3 WEEK 9	TERM 3 WEEK 10
<b>YR1 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: FOOD AROUND THE WORLD</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 1 LESSON TITLE	Alfie's around the world adventure	Alfie moving pictures (1)	Alfie moving pictures (2)	Taste the world	Tell the world assembly	Healthy eating mobiles	Planning a healthy picnic (1)	Planning a healthy picnic (2)	Phunky picnic	My Phunky promise
<b>YR 2 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: FOOD AS A CELEBRATION</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 2 LESSON TITLE	Eating habits and values	Food in celebration	Planning a celebration of food (1)	Planning a celebration of food (2)	A celebration of food!	Can you remember?	Fab and healthy favourite foods	Healthy snacks	Healthy tuck shop	My Phunky Promise
<b>YR 3 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: OUR FOOD, OUR WORLD</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 3 LESSON TITLE	Different countries, different foods	We all need food from somewhere	Getting to know you	A special day for a special guest	Our food from around the world party	The Plate of Health recap	Healthy choices	Food packaging	Healthy options tasting	PhunkyFoods in action
<b>YR 4 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: SOCIAL HISTORY OF FOOD</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 4 LESSON TITLE	Stone Age Britain	Roman Britain	Tudor times	War time rationing	Modern day diets	The Plate of Health recap	Imagine if ... school rules role play	Planning a school food campaign (1)	Planning a school food campaign (2)	Design a brand
<b>YR 5 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: CULTURAL DIVERSITY</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 5 LESSON TITLE	Cultural diversity and food	Making Mexican piñatas	Decorating Mexican piñatas	Planning a cultural party	Cultural diversity tasting session	The Plate of Health recap	Food choice	Food labeling	High and low fat tasting sessions	Traffic lights
<b>YR 6 THEME</b>	<b>CULTURAL ASPECTS OF FOOD: FOOD CHOICE &amp; THE MEDIA</b>					<b>DIET AND HEALTH: CHOOSING A HEALTHY DIET</b>				
YR 6 LESSON TITLE	Media influences and advertising (1)	Media influences and advertising (2)	Media influences and our health 	Change4Life (1)	Change4Life (2)	Diet Dramas – The planning	Diet Dramas - Themes	Diet Dramas – Community and location	Diet Dramas – The plot	Diet Dramas – Writing the script