

Healthy Eating – Curriculum Overview

Statutory	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>What constitutes a healthy diet (including understanding calories and other nutritional content). HE1</p>	<p>Understanding importance of drinking water as part of a healthy diet.</p>	<p>Understand that food gives us energy and helps us grow and fight off diseases.</p>	<p>To be able to name main food classification types – fat, protein, carbohydrates, vitamins and minerals. Link to Science: describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene</p>	<p>Revisit Year 2 and look at wider range of food types, including pulses.</p>	<p>Look in more depth at food types and what their role is in a healthy diet. Look at saturated and unsaturated fats and complex/simple carbs.</p>	<p>Understand in depth roles of different minerals and vitamins on health and which foods they can be found in.</p>	<p>To understand calories and the correct daily intake for their age. To know that our body store excess calories as fat. To know that the correct amount depends on age, weight, height, gender and how much exercise we take.</p>
<p>The principals of planning and preparing a range of healthy meals. HE2</p>	<p>Link to Nutrition lessons with Lisa and Food Curriculum.</p>						
<p>The characteristics of poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). HE3</p>	<p>To understand that some food should be eaten in moderation – sweets and sugary food.</p>	<p>To understand that some foods are unhealthy, as they contain too much salt, saturated fat or sugar.</p>	<p>To know the impact of too much sugar on teeth. What is tooth decay? Link to science work on teeth.</p>	<p>The impact on the body of unhealthy eating; Less energy, tiredness, lack of concentration, tooth decay and growth.</p>	<p>To look at the impact of unhealthy eating on weight.</p>	<p>To understand the effects of caffeine on the body.</p>	<p>To understand the effects of alcohol on health and weight.</p>