

Healthy Eating



Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Key Facts:

- What constitutes a healthy diet (including understanding calories and other nutritional content)
- The principles of planning and preparing a range of healthy meals
- The characteristics of a 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)



Key Vocabulary

| | |
|--------------|---|
| Calories | A measure of energy in food |
| Carbohydrate | A substance that provides the body with energy (or foods which contain these substances) |
| Dairy | Food containing or made from milk |
| Diet | The foods an animal or person normally eats |
| Nutrition | The foods which you take into your body and how they influence your health |
| Protein | A substance found in food such as meat, cheese and eggs, that is necessary for the body to grow and be strong |

Possible experiences: We should already know:

- Make links to cooking learning experience in DT
- Warburtons workshop
- Visit a farm
- Pizza Express visit
- The basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from