

Vocabulary

healthy eating	Eating a balance of all the core food groups.
food group	The core food groups are carbohydrates, dairy, protein, fats, fruit and vegetables.
calorie	A unit of energy that the body needs to work properly.
balanced diet	Eating a mix of food types containing a balance of calories.
nutrition	The use of food to maintain life.
air miles	The distance food has travelled from where it was grown, to where it ends up being eaten.

Key Facts

- 95% of our fruit comes from another country
- Keeping physically active has been shown to improve mental health too!



Exercise

Key Questions

- Why do we need a balanced diet?
- Does it matter where our food comes from?
- How much exercise should we be doing?

Cross Curricular Learning

PE - exercise and healthy lifestyles

Geography - world food locations

Design and Technology - healthy eating

Science - How exercise affects the body

Healthy Food Plate



Learning Journey

Healthy eating and a balanced diet

To explore what a balanced diet is.

To investigate nutrition and how much of which nutrients we should be eating.

To understand the effects food has on our body.

To understand how food and exercise support the functions of the human body.

Where does my food come from?

To explore where food comes from and how it is sourced.

To understand how food is produced.

To consider how we keep track of what we eat.

The importance of physical activity

To explore what physical activity means and what it involves.

To learn about the effects of physical activity.

Screen time

To know how much screen time is bad for us and how it can affect our daily lives.

Healthy Foods



Year 5

Junk food

Nutritional values

Year 3

Exercise