

Vocabulary

junk food	Food that is generally considered unhealthy due to its high content of unhealthy fats, sugar or salt.
balanced diet	Eating a balance of all of the food groups
occasional	Having someone every now and then, as a treat. Not very often.
nutritional value	The level of nutrients in a particular food type. This is often written on the back of food packets.
loan	Borrowed money, often from a bank, which people have to pay back over time.
debt	The amount of money that you owe in loans and other borrowing.
mortgage	A specific type of loan that is used to buy a house.

Key Facts

- The NHS was launched on the 5th July, 1948
- A balance of nutrients is important in maintaining a healthy diet.
- Eating junk food regularly can lead to weight gain and mental health issues.

Junk Food



Buying a house - mortgage



Key Questions

- Why do we need the NHS?
- Why are nutrients important to our health?
- What constitutes junk food?

Cross Curricular Learning

PE - How to stay healthy

History - The history of the NHS

D&T - Healthy eating and how to create a healthy meal



Learning Journey

Junk Food

To explore how junk food can affect our health and daily life.
To know what it is about junk food that makes it bad for us.

Nutritional Values

To know how to plan a balanced healthy diet.
To investigate what nutrients are and why we need them.

The NHS

To explore what the NHS is.
To learn about jobs and careers within the NHS.
To know why the NHS is important.

Borrowing Money

To understand what a loan is and what a mortgage is.
To understand what a credit card and credit score is.

Saving money



Year 6

Tax
Banks
Pensions

Year 4

A balanced diet
Healthy eating