

This half term we are learning about...

Food, glorious food



Sticky knowledge



- I can name 5 fruits
- I can name 5 vegetables
- I can describe a balanced diet
- I can identify the 5 main food groups
- I can talk about the main changes in nature during Spring

Key vocabulary



- dairy
- fruit
- grains
- vegetables
- healthy
- protein
- balanced diet
- unhealthy

Links to previous learning



- Change in seasons
- Keeping healthy-exercise/drinking water
- Self-care
- Healthy mind-mindful time

Aspirations



- Chef
- Nutritionist
- Dietician
- Fitness trainer

Characteristics needed for this topic



- Questioning
- Self-belief
- Concentration