

What I already know...

The importance of food hygiene.

How to follow a recipe

That kitchen tools need to be used safely.

That consumers feedback helps to create a design.

Measuring ingredients to create final product.

Key Vocabulary

Eatwell Plate

Balanced Diet

Food Groups

Hygiene

Target Market

Design

Cut

Evaluate

Healthy Me! Design Engineers



I will learn...

- ⇒ About the Eatwell plate.
- ⇒ What a well-balanced diet looks like, including the food groups.
- ⇒ How to design for a target market
- ⇒ How to chop, using specific holds.
- ⇒ How to mix so that the ingredients are combined smoothly.
- ⇒ How to evaluate the new skill I've learnt.

Personal Skill

TO CARE

Children will learn to recognise when they need to care for themselves and a range of activities that may support them.

Year 3 Healthy Me! Project overview—Autumn 1

Project: Healthy Me

Children develop their design skills to create a personalised health package for their new Year 6 buddy. They explore what a healthy style is and use this knowledge to create a fitness routine, healthy drinks options and steps for keeping well.

HOOK: Y3 Health Day

OUTCOME: Y6 buddies visit the Year 3 Healthy Lifestyle experts and are delivered a wellbeing package.

Applied Literacy:

Instructions—masterpiece about their prepared meal.

Letter—invitation to the dinner party.

Applied Mathematics:

Weight—Weighing ingredients when preparing the food.

Pupil Premium Provision:

Aspirational talk and demonstration from a chef and PT. What skills are needed?
Recipe book to take home and use.

Driving Subject(s): DT

- Children will understand and apply the principles of a healthy and varied diet
- develop the skills of cutting using different holds
- Design and make a personalised healthy smoothie
- Evaluate the effectiveness of their smoothie designs.

Curriculum Links:

Science—Children will explore the different groups of food and learn about the Eatwell plate. Types of teeth and the structure of a tooth and test the effects of sugar on teeth.

PSHE -health—how to lead a healthy lifestyle and the dangers of too much or too little. They will understand the importance of good nutrition. Explore the importance of sleep and a healthy lifestyle

PE—fitness—looking at exercise and how to improve fitness levels through circuit training.

SMSC:

Society—supporting school community in making healthy choices.

Cultural—different types of food (holiday homework).

Community links/Enterprise/Experiences:

Visitor—someone from the industry to talk about being a chef.

Professional sportsman to talk about healthy lifestyle.

Enterprise—planning and delivering their own wellbeing package.