

# KS2 - CONNECTORS AUTUMN 1

TOPIC- MY HEALTH



## DRIVER - FOOD TECHNOLOGY



Cooking



Health and Nutrition



Seasonality and Sources

**AIMS:** To learn about food hygiene and what makes a healthy diet.

Prior Learning	Future Learning	Key Knowledge and experiences	Key vocabulary
Can use a basic tool independently for example: spoon, fork, knife.	Recognises it is important to stay well hydrated when being physically active.	<b>All Will</b> <ul style="list-style-type: none"> <li>With support, make healthy food choices, understanding that we need a variety of food to be healthy.</li> <li>Group familiar food products e.g. fruit and vegetables.</li> <li>Understands the importance of hygiene when preparing food and can demonstrate what to do.</li> </ul>	Healthy Unhealthy Balanced Dairy 5 Food Groups Hygiene
Can follow the 'get ready to cook' rules with verbal prompts	Makes informed choices based on food labels, ingredients lists, nutrition information and health claims when preparing food.	<b>Most Will</b> <ul style="list-style-type: none"> <li>Can recognise that food is needed in different amounts</li> <li>Can, choosing from a given selection, plan meals that are healthy and balanced.</li> <li>Show understanding that it is important to include a variety of activities in everyday living.</li> </ul>	
Explore different food through a multi-sensory approach.		<b>Some Will</b> <ul style="list-style-type: none"> <li>Show an understanding that people eat or avoid certain foods according to religion, culture, ethical belief, or personal choices.</li> <li>Knows how much exercise is recommended for age.</li> <li>Match nutrients to functions to show they are important to the body.</li> <li>Understand and apply the principles of a healthy and varied diet</li> </ul>	

Important Images	Misconceptions
	<p>There are "good" and "bad" food. (Certain food needs to be eaten in moderation)</p>

SS, MM FF

SS -  
FF - To design and prepare a meal to serve to others.