

# Healthy Eating

## Term 6



### History

We will briefly be looking at the history of healthy eating; the impact of not getting enough vitamins and nutrition and how it was dealt with many years ago.

### Geography

This term we will be looking at what foods people eat in other countries such as America, India, China, France and South Africa. We will be researching to find out what foods are associated with each country and look at how healthy they are.

### Science

This term we will continue our learning about plants but are also focusing on our topic of healthy eating.

We will be learning about:

- The five main food groups and finding out about the nutrients that different foods provide
- Portion sizes and how to create balanced meals
- The function of basic parts of the digestive system in humans
- Tasting food and describing the taste, texture, smell, feel and look

### DT

This term we will be showing awareness of affordable and seasonal foods and understanding principles of a varied and healthy diet. We will write recipes for a healthy school menu and prepare and cook food.

### PSHE and PE

We will be discussing as a class why we need to eat healthily and what things we need to, and should, eat and drink. We will focus on understanding that unhealthy food is all right in moderation and how to balance it out. We will link healthy eating with healthy living and look at what other things we need to do to keep our bodies fit and healthy.

### Literacy

Our class will be learning and retelling 'Mischievous Max' and a short version of 'Charlie and the Chocolate Factory'.

We will be looking at the important features of adventure stories and wishing tales.

Our focus is on using direct speech, fronted adverbials and subordinate clauses.

We will be creating a shared piece of writing for a new adventure story and a wishing tale.

The children draft, edit and re-write their own stories to ensure that they are quality pieces.