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| **Unit Overview** | Children learn how to be healthy, what foods keep us healthy and where foods come from. Children will look at how to create a healthy, balanced meal, creating a sandwich for a ‘superhero’. | |
| **EYFS Development Matters/ ELG** | - Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating – toothbrushing  - Manage their own needs. - Personal hygiene  - Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. | |
| **Unit Title:** | **Substantive Knowledge** | **Disciplinary Knowledge** |
| **Key Questions:**  **Where does food come from?**  **What makes a healthy diet?**  **Why is it important to eat healthy?**  **How can we make a healthy meal?** | * Children to know that food comes from plants and animals. * Children know that fruit and vegetables come from plants * Children to know that meat comes from animals * Children know that some animals produce food and some become food. Cows produce milk and are a meat. * A healthy diet is balanced with a range of food types. Chocolate and treats are okay in moderation. * Children to understand why hygiene is important when prepping food. Children to know that washing hands helps keep things clean. | * **To investigate tastes and flavours** * **To develop an idea for a purpose** * **Select resources appropriate for the task.** * **Explain why they have made their choices.** |
| **Vocabulary** | **Trips/ Visits/Useful Websites/ Resources** | **Key Misconceptions:** |
| **Substantive:**  **ingredients**  **healthy**  **unhealthy**  **balanced**  **moderation**  **food**  **animals**  **plants**  **diet**  **hygiene**  **Disciplinary:**  **investigate**  **idea**  **design**  **explain**  **evaluate** | Resources – ingredients for healthy meal  food to taste – cucumber, tomatoes, carrots, spring onion, peppers, cheese. ham. | * You can eat lots of fruit and it is always good for you. * That you shouldn’t eat any chocolate or sweets etc. * Animals are not food. |