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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.**
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| **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 mealfood 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.
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