



Knowledge Summary

Year 7 Term 4 2023/24

Life Education



Essential Questions/Knowledge

- What does it mean to have a 'healthy lifestyle'?
- How healthy is my lifestyle?
- What is meant by healthy eating?
- What does it mean to have a dietary requirement?
- What are the different food groups and why are they important?
- How healthy is my diet? How could I eat more healthily?
- What is meant by 'hygiene' and why is it important?
- What are my own personal hygiene routines and how could these be improved?

How students will be assessed on their knowledge

- Diagnostic Questions
- Summative Assessment – End of term assessment

Questions/Knowledge to deepen understanding

- What might the consequences be of not having a healthy lifestyle
- What might the consequences be of not addressing a dietary need?
- What might the consequences be if I do not sustain and/or improve my own personal hygiene routines?
- Why might I need to adapt my personal hygiene routine over time and how might I do this?

Key Concepts

- Having a healthy lifestyle
- Healthy eating
- Diet and dietary requirements
- Food groups
- Hygiene

Tier 2 and 3 vocabulary linked to the unit

- Healthy
- Lifestyle
- Diet
- Food intolerance
- Food groups
- Carbohydrates
- Protein
- Vitamins
- Minerals
- Balanced diet
- Moderation
- Hygiene
- Odour
- Reflection
- Implementation