

# Healthy Eating



## Curriculum Links:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

## Key Facts:

- What constitutes a healthy diet (including understanding calories and other nutritional content)
- The principles of planning and preparing a range of healthy meals
- The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health)



## Key Vocabulary

Calories	A measure of energy in food
Carbohydrate	A substance that provides the body with energy (or foods which contain these substances)
Dairy	Food containing or made from milk
Diet	The foods an animal or person normally eats
Nutrition	The foods which you take into your body and how they influence your health
Protein	A substance found in food such as meat, cheese and eggs, that is necessary for the body to grow and be strong

## Possible experiences: We should already know:

- Make links to cooking learning experience in DT
- Warburtons workshop
- Visit a farm
- Pizza Express visit
- The basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from