

Timeline

1960s and 1970s	People could buy meals that were already cooked and put in a packet.
1990s	In the 1990s children in school had quite unhealthy school dinners. In 2005, Jamie Oliver changed school dinners to make them healthy.
Food and exercise in present day	We have lots of different foods in the supermarkets because food can be travelled from different countries. Unfortunately lots of people have jobs that make them sit down so some people don't get enough exercise.

Important People

Jamie Oliver	Jamie Oliver is a chef. He stopped unhealthy school dinners. He shows people how to make healthy food choices so they can be fit and strong.
Mo Farah	A British Olympic runner. Mo Farah eats healthy food so he can run very fast. He was on an advert telling people why protein is important in our diet. Mo Farah is also very resilient. He once fell over in a race, got back up and won!

Vocabulary

mental health	Mental health is how we feel, think and behave. It is very important to look after ourselves.
exercise	Activity such as running, jumping and skipping. It keeps you fit.
recipe	A recipe tells you how to make something.
healthy	Not sick.
fruit	Fruit is healthy. It is sweet and has a seed inside it.
vegetables	Vegetables are plants that can be eaten.

BIG QUESTIONS

How healthy am I?

Would it be better to be ill now or in the past?

Progression Map Objectives

Geography

I can use maps, atlases, globes and digital/computer mapping (Google Earth) to locate countries and describe features studied.

Art

I can take inspiration from an artist to express something about myself in my painting.

I can create moods in my paintings.

I can ask sensible questions about a piece

DT

I can design a product for myself and others following design criteria.

I can explain what I am making and why.

Technical knowledge

I can peel, grate, cut foods with close supervision.

I can describe the properties of the ingredients I am using and why it is important to be varied in my diet.

I can talk about my own work and things that other people have done.

Computing

I can use a mouse, finger etc to select & move items on the screen, assembling or matching objects

I can use some software to create / assemble digital content for clear purpose, (could be text, images, animation, graph, sound, etc.)

I can find some straight-forward information from a 'safe', selected online resource

History

I can find out more about a famous person from the past and carry out some research on him or her.

