

Timeline

1	1960s and 1970s	People could buy meals that were already cooked and put in a packet.
2	1990s	In the 1990s children in school had quite unhealthy school dinners. In 2005, Jamie Oliver changed school dinners to make them healthy.
3	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.

Big Questions!

1	How healthy am I?	
2	Would it be better to be ill now or in the past?	
3	Are my school dinners healthier now or in the past?	

Important people

1	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.
2	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!



National Curriculum Links

1	Geography	I can use maps, atlases, globes and digital/computer mapping (Google Earth) to locate countries and describe features studied.
2	DT	Cooking and nutrition: I can describe the properties of the ingredients I am using and why it is important to be varied in my diet. I can explain what it means to be hygienic.
3	Art	I can paint a picture of something I can see. I can describe what I can see and like in the work of another artist I can create a piece of work in response to another artist's work.
4	Computing	I can use a mouse, finger etc to select & move items on the screen, assembling or matching objects. I know about the Internet and beginning to understand some key, age appropriate, safety 'rules'. I can find some straight-forward information from a 'safe', selected online resource.
5	History	I can find out more about a famous person from the past and carry out some research on him or her.

Vocabulary

Recipe	A recipe is a set of instructions that tell you how to make something.
Fruit	Fruit is very healthy for you. It is sweet and has a seed inside it.
Vegetables	Vegetables are plants that can be eaten. They are very healthy.
Healthy food	Healthy food keeps us strong. It gives us important nutrients.
Exercise	activity requiring physical effort, carried out to improve health and fitness.