


Curriculum Overview – Healthy Eating

Unit 1: Where Does Our Food Come From (Food Production and Processing, Food Safety & Hygiene, Consumer Awareness)




	UNIT 1 LESSON 1	UNIT 1 LESSON 2	UNIT 1 LESSON 3	UNIT 1 LESSON 4	UNIT 1 LESSON 5	UNIT 1 LESSON 6	UNIT 1 LESSON 7	UNIT 1 LESSON 8	UNIT 1 LESSON 9	UNIT 1 LESSON 10
	Introduction to food production	Growing Plant Foods	Food Crops	Rearing Animals for Food	Food Production: Hands On!	Food & Microbes	In the Kitchen: Making and Tasting!	Food Manufacture	Catering	Food Shopping
YR 1 / P2										
LESSON TITLE	Living and Non-living Things	Grandad the Greengrocer	A Farmer's Life	On the Animal Farm	Indoor Gardens	What is a Germ?	Fun with Food: Bagel Faces	Pizza Factory	Café Role Play	Where Can I Buy Food From?
YR 2 / P3										
LESSON TITLE	Where Does Our Food Come From?	Types of Growing and Gardening	Growing Potatoes	On the Dairy Farm	Grow-your-own Potatoes	Food Storage	Cooking with Potatoes	Cheese Making and Tasting	Where does my School Lunch come from?	Potatoes: from Field to Fork
YR 3 / P4	UK FOOD PRODUCTION									
LESSON TITLE	Introduction to UK Food Production	Eating the Seasons	UK Cereal Production	On the Poultry Farm	Growing Wheat	Looking after Food	From Crop to Crumble	Bread Factory	Best of British!	Where do We Buy Food From?
YR 4 / P5	GLOBAL FOOD PRODUCTION									
LESSON TITLE	The World in my Shopping Bag	Food Crops: Where in the World?	Bonkers about Bananas	Animal Foods – Where in the World	Growing Chilli Peppers	Food Decay & Preservation	International Breads: Making & Tasting	New Ethnic Product Development	International Restaurants	Food Shopping in Kenya
YR 5 / P6	ENVIRONMENTAL ISSUES									
LESSON TITLE	One Planet Food	Food Miles	Cucumber Eco-Maths! 	Fishy Business	Making Compost	Love Food Hate Waste	Leftover Lunches	Fish Processing	Big Green Menu	Reduce, Re-use, Recycle
YR 6 / P7	ETHICAL AND SOCIAL ISSUES									
LESSON TITLE	Global Food Crisis	Grow Your Own Grub	Fairtrade Food Production	Intensive vs Sustainable Farming	Grow Your Own Grub – Hands On!	Yeasty Surprise: Making Bread	Fairtrade Fiesta!	Taking Responsibility for Health	Phunky Fast Food Restaurants	Smarter Shopping

Curriculum Overview – Healthy Eating

Unit 2: Diet, Physical Activity and Energy Balance



	UNIT 2 LESSON 1	UNIT 2 LESSON 2	UNIT 2 LESSON 3	UNIT 2 LESSON 4	UNIT 2 LESSON 5	UNIT 2 LESSON 6	UNIT 2 LESSON 7	UNIT 2 LESSON 8	UNIT 2 LESSON 9	UNIT 2 LESSON 10
	Eat Well for Health!	Eatwell plate	Strive for 5! Fruit & Veg	Starchy Foods	Milk & Dairy Foods	Meat, Fish & Alternatives	Bag a Breakfast!	Drain your Drinks!	Get Active	Energy Balance
YR 1 / P2										
LESSON TITLE	Eat Well for Health	Eat more of...Eat less of...	Strive for 5!	Give me Fuel in my Tank...	Milk is Cool!	Give me Strength!	Boris the Belly Beast	Drain your Drinks!	Get Active!	Eat drink and be active!
YR 2 / P3										
LESSON TITLE	Eat Well for Health	Do we have a Balanced Diet	Eat a Rainbow	Sampling Starchy Foods	Design a Dairy Diary	Protein Power!	Boris the Belly Beast Breakfast	Drain your Drinks!	Phunky Banana says...Get Active!	Eat drink and be active!
YR 3 / P4										
LESSON TITLE	Eat Well for Health (1)!	Eat Well for Health (2)!	Easy Ways to 5 A DAY!	Starchy Menus!	Dairy and Bone Health	Protein Power!	Breakfast Pictograms	Drain your Drinks!	Active Diaries!	Its all about the Balance
YR 4 / P5										
LESSON TITLE	Healthy Attitudes	Menu of Health	5 A DAY smoothies	Starchy Survey!	Dairy and Dental Health	Fishy Business	Breakfast Diaries	Drain your Drinks!	Make a Song and Dance!	Energy Dramas!
YR 5 / P6										
LESSON TITLE	Eat Well for Growth!	Eatwell Report Card	Back to Basics: Super-Crunch	Starchy Science!	Dairy Display	Finger on the Pulse!	Back to Breakfast Basics: Porridge	Drink Detectives!	A Question of Sport!	Energy Balance Exhibition
YR 6 / P7										
LESSON TITLE	A Healthy Debate	Recipe for Health	Back to Basics: Crunchy Coleslaw	Carb Detectives!	Milk It!	Brilliant Blood	Back to Breakfast Basics: Scrambled Eggs	Sugar Shocks!	A Question of Sport!	Energy Balance Crusade

Curriculum Overview – Healthy Eating

Unit 3: Food & Drink Choices and Experiences



	UNIT 3 LESSON 1	UNIT 3 LESSON 2	UNIT 3 LESSON 3	UNIT 3 LESSON 4	UNIT 3 LESSON 5	UNIT 3 LESSON 6	UNIT 3 LESSON 7	UNIT 3 LESSON 8	UNIT 3 LESSON 9	UNIT 3 LESSON 10
YR1 / P2	CULTURAL ASPECTS OF FOOD: FOOD AROUND THE WORLD					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Alfie's around the world adventure	Alfie moving pictures (1)	Alfie moving pictures (2)	Taste the world	Tell the world	Healthy eating mobiles	Planning a healthy picnic (1)	Planning a healthy picnic (2)	Phunky picnic	My Phunky promise
YR 2 / P3	CULTURAL ASPECTS OF FOOD: FOOD AS A CELEBRATION					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Eating habits and values	Food in celebration	Planning a festival (1)	Planning a festival (2)	Festival Day!	Can you remember?	Fab and healthy favourite foods	Healthy snacks	Healthy tuck shop	Healthy Tuck Shop – Its Here!
YR 3 / P4	CULTURAL ASPECTS OF FOOD: OUR FOOD, OUR WORLD					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Different foods	We all need food from somewhere	Getting to know you	A special day for a special guest	Our food from around the world party	PhunkyFoods Plate of Health - recap	Healthy choices	Food packaging	Healthier options tasting	PhunkyFoods in action
YR 4 / P5	CULTURAL ASPECTS OF FOOD: SOCIAL HISTORY OF FOOD					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Stone Age Britain	Roman Britain	Tudor times	War time rationing	Modern day diet	PhunkyFoods Plate of Health - recap	Imagine if ... school rules role play	Planning a school food campaign (1)	Planning a school food campaign (2)	Design a brand
YR 5 / P6	CULTURAL ASPECTS OF FOOD: CULTURAL DIVERSITY					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Cultural diversity and food	Making Mexican piñatas	Decorating Mexican piñatas	Festival Artwork	Cultural diversity tasting session	PhunkyFoods Plate of Health - recap	Food choice discussions	Food labeling	Healthier Choices Tasting Sessions	Traffic lights
YR 6 / P7	CULTURAL ASPECTS OF FOOD: FOOD CHOICE & THE MEDIA					DIET AND HEALTH: CHOOSING A HEALTHY DIET				
LESSON TITLE	Media influences and advertising (1)	Media influences and advertising (2)	Media influences and our health	Change4Life (1)	Change4Life (2)	Diet Dramas – The planning	Diet Dramas - Themes	Diet Dramas – Community and location	Diet Dramas – The plot	Diet Dramas – Writing the script