

### **Curriculum Outline**

- Pupils have opportunities to develop their understanding of the nature of food and healthy eating specifically through PSHE, Science, D & T and cross curricular links with other subjects as well as through assemblies and other extended school activities.
- The policy is promoted and implemented throughout the school through subject links, healthy schools, displays, surveys and questionnaire.

PSHE – From the PSHE Association 2013 Documentation; Health and Wellbeing Years 1 – 6.

Pupils will learn...

Year 1;

- About some of the things that keep our bodies healthy (physical activity, sleep, rest, healthy food)
- About what goes onto and into our bodies (both good and harmful)

Year 2;

- About the benefits of a healthy lifestyle
- Different ways to stay healthy

Year 3;

- About making informed choices in relation to their health
- About opportunities they have to make their own choices about food
- About what makes up a balanced diet

Year 4;

- About what to include to make a diet ‘balanced’
- About what influences their choices about food
- About the benefits of a eating a balanced diet

Year 5;

- About the choices they can make about their health and wellbeing and what influences their choices

Year 6;

- About the positive and negative influences on health and wellbeing
- How media influences can affect their choices
- How body image is reflected in the media

Other curriculum areas include Science and Design Technology. Please see these policies for further information.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop food preparation skills, in the analysis of food and in maintaining personal health. Lessons using the creative learning opportunities of food and drink will also be developed across the curriculum.

The whole school nature of learning about food and drink is reinforced through assemblies and in celebrations. When visitors, such as Support Agencies or parents, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present.

Appendix B

Food and Nutrition Policy

Updated Spring 2016