


have you checked when this is taught in food tech so that they either follow on from one another and build understanding or dovetail

	Whole school	Year 7	Term: Spring	
<p>Learning Intention: Stepping stones challenges book. Health and lifestyle: Design a healthy lunch box P52.</p> <p>During this challenge Pupils will work on understanding:</p> <p>What makes a healthy lunch and what are food groups.</p> <p>How to design a healthy lunch and include nutritional information.</p> <p>To calculate the cost of the lunch.</p> <p>To write a description about the lunch.</p> <p>Design a collage of a healthy meal</p> <p>Discuss where all the foods chosen by the class come from.</p>				
Key knowledge that should be learned during this SoW	All	Most	Some	
Concept:	All pupils to understand what healthy foods are and how to make a balanced lunch.			
Knowledge:	To understand the food groups To understand portion size and nutrition needed for one meal.			

Key Skills:	To be able to design and choose items for a healthy lunch. To calculate the cost of the lunch.		
Language and/or communication skills:	Healthy, nutrition, diet,		
Curricular Links	Food Technology Junior citizenship trip, Computing, Maths, English, Art and Geography A life sessions (training sessions in school - outside provider) World Health Day		