



**Whole
school**

Year 9

Term: Spring

Learning Intention: Stepping stones challenges book. Health and lifestyle: Designing an energy bar. P51

During this challenge Pupils will work on understanding:

How to keep a healthy lifestyle and what a healthy diet is.

Key knowledge that should
be learned during this SoW

All

Most

Some

Concept:

Understand what it means to be healthy.

Knowledge:

How many calories we need each day and when the body might need extra calories.

Key Skills:

To write a recipe for a cereal based snack.

To make the snack.

**Language
and/or
communication
skills:**

Curricular Links	Food technology
	National Health Day