**KS4 Food Tech Summer Food tech/Healthy living Eatwell Plate**

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|  | **Pathway 1** | **Food Tech**  **KS4** | **Summer 1**  **Eatwell Plate** | |
| **Learning Intention:** Pupils will learn about the importance of keeping themselves healthy - from hygiene and exercise to food and water. Pupils will learn about the different food groups and why each is important for humans. Pupils will explore the Eatwell Plate and make healthy meals. | | | | |
| **Key knowledge that should be learned during this SoW** | | **All** | **Most** | **Some** |
| **Concept:** | | That humans need a variety of foods. | That the eatwell plate can help us make healthy food choices. | That humans need a variety of foods in different amounts in order to be healthy.  To be aware of the consequences of not eating healthily for a long period of time. |
| **Knowledge:** | | To understand that our bodies require a mixture of foods to be healthy. | To understand what foods we need more of and which we need less of to be healthy. | To understand that our bodies require a balanced diet in order to function well.  To understand the nutritional benefits of various food groups |
| **Key Skills:** | | To try healthier foods as alternatives.  Aim to eat at least [5 portions](https://www.nhs.uk/live-well/eat-well/5-a-day-portion-sizes/) of a variety of fruit and veg each day.  Choose own food to eat.  Make healthier choice from two options. | To make choices based on the eatwell plate of what should go into a healthy meal.  Preparing simple foods ready to eat.  Peeling, chopping. | To be able to make healthy meals including lunches, picnics, snacks and dinners.  Following simple sequences in order to prepare food.  Preparing simple foods ready to eat. |
| **Language and/or communication skills:** | | Name key words related to foods from all food groups. Say, signs and recognise symbols from key words each lesson. | Communicate how they feel about different foods and whether they think they are healthy or not and in what amounts. | Use the correct names of each food group and be able to discuss and explain the importance of each for our bodies. |
| **Curricular Links** | | Science, | | |