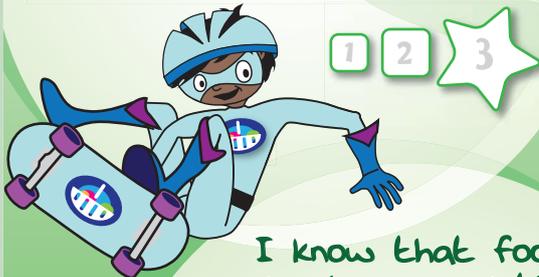


Name: _____

I know that being healthy is about: having a balanced diet, looking after my teeth and being active.



Follow the Eatwell Guide
Brush my teeth twice a day
Be active for at least 60 minutes a day



I can make healthy food and drink choices.

Eat lots of fruit and vegetables
Base meals on starchy foods
Cut down on fat, sugars and salt



I know that I need to eat different foods to provide the nutrients, water and fibre I need to keep me healthy.

Try new foods
Energy and nutrients
Carbohydrate, protein and fat
Vitamins and minerals



I know that food needs change and that some people do not eat certain foods.

Food allergies e.g. milk, nuts, gluten
Different cultures eat different foods
Different religions
Babies, teenagers, adults and older adults

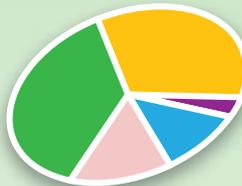


I know that I need to drink lots each day.

Have a drink with each meal
Take a bottle of water to school
Go for unsweetened drinks



Diet and health



food route
a journey through food

change
4 life
Eat well Move more Live longer

Name: _____



I am aware of the different costs of food when helping to shop.

Read the price labels
Compare food prices



I can explore where food comes from and how it is produced.

Farms, fields and the sea
Shops and supermarkets
Know where food comes from



I am aware that advertising can affect what I choose to eat.

TV, radio, newspapers,
online and magazines
Read between the lines



I know that people choose different foods for different reasons.

Season
Cost
Friends
Culture
Religion



I can understand and use food labels to help me make choices.

Read food labels
Compare food labels to
make healthy choices



Shopping



foodroute
a journey through food

change
4 life
Eat well Move more Live longer

Name:

I can choose and use the correct equipment when safely preparing and cooking food.

Weighing scales, rolling pin, measuring spoons, ladle, chopping boards, whisk, tongs, can opener, peeler, mixer
Be safe in the kitchen



I can cook a range of food from around the world.

Cook different dishes
Ingredients from different countries



I can use a range of skills to prepare food.

Weigh, measure, knead, blend, boil, stir-fry, steam, roast, grill, stew, chop, grate, peel, rolling out, mix, microwave, freeze



I enjoy eating with my friends and family.

Sharing food with others
Good table manners



I can reduce food waste by composting and recycling food packaging.

Use recycling bins
Compost food waste
Protect the environment



Cooking



foodroute
a journey through food

change 4 life
Eat well Move more Live longer

Name: _____

I can prepare, cook and store foods safely and hygienically.

Use clean equipment
Be aware of sharp knives and hot equipment



1 2 3

I know how to store and handle food which is safe to eat.

Store foods in the correct place
Separate cooked and ready to eat foods from raw meat
Use different chopping boards for raw and cooked foods
Cook food thoroughly and reheat until piping hot



1 2 3

I am hygienic when I cook and keep the kitchen clean and tidy.

Wash hands using antibacterial hand wash, tie hair up, remove jumper, wear apron
Clear away after cooking
Clean kitchen surfaces
Wipe food spills right away
Clean used equipment



1 2 3



I use food labels to store food correctly.

Read storage instructions on food packaging
Follow date-marks



1 2 3



Food safety



foodroute
a journey through food

change
4 life
Eat well Move more Live longer

Name: _____

I know I need to be active for 60 minutes each day to be healthy.

Sit less and move more
Walk to school
Take part in break time activities



I can take part in team sports.

Join clubs
Be part of competitions
Play games at lunchtime



I know that I use the energy from food and drink to be active and different activities need different amounts of effort.



Heart beats faster
Sweating
Breathing more



I know that being active regularly makes me healthy and happy.

Feel good
Be happy
Sleep well

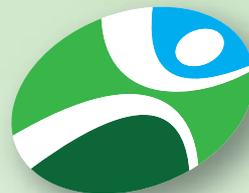


I know that I need to drink more fluid when I am active.

Have a bottle of water with you
Drink lots after activities



Active lifestyles



food route
a journey through food

change
4 life
Eat well Move more Live longer

Certificate of Achievement

This certificate is awarded to:

name _____

who has demonstrated
outstanding performance in:



Diet and health

Signed: _____

Date: _____



Shopping

Signed: _____

Date: _____



Cooking

Signed: _____

Date: _____



Active lifestyles

Signed: _____

Date: _____



Food safety

Signed: _____

Date: _____

Name: _____

Diet and health



I can make healthy food and drink choices.

1 2 3

I know that being healthy is about: having a balanced diet, looking after my teeth and being active.

1 2 3

I know that I need to eat different foods to provide the nutrients, water and fibre I need to keep me healthy.

1 2 3

I know that I need to drink lots each day.

1 2 3

I know that food needs change and that some people do not eat certain foods.

1 2 3



I can understand and use food labels to help me make choices.

1 2 3

I know that people choose different foods for different reasons.

1 2 3

I am aware of the different costs of food when helping to shop.

1 2 3

I am aware that advertising can affect what I choose to eat.

1 2 3

I can explore where food comes from and how it is produced.

1 2 3

Shopping



I can choose and use the correct equipment when safely preparing and cooking food.

1 2 3

I can use a range of skills to prepare food.

1 2 3

Cooking



I enjoy eating with my family and friends.

1 2 3

I can reduce food waste by composting and recycling food packaging.

1 2 3



I am hygienic when I cook and keep the kitchen clean and tidy.

1 2 3

I can prepare, cook and store foods safely and hygienically.

1 2 3

I know how to store and handle food which is safe to eat.

1 2 3

I use food labels to store food correctly.

1 2 3

Food safety



I know I need to be active for 60 minutes each day to be healthy.

1 2 3

I know that I use the energy from food and drink to be active and different activities need different amounts of effort.

1 2 3

I know that being active regularly makes me healthy and happy.

1 2 3

I can take part in team sports.

1 2 3

I know that I need to drink more fluid when I am active.

1 2 3

Active lifestyles



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