



HEALTHY EATING CURRICULUM MAP

	PHSCE	SCIENCE	DESIGN TECHNOLOGY
EYFS	Understand the importance of healthy food choices.	Keeping healthy	Cooking Soup
YEAR 1			Cooking and Nutrition: Fruit and Vegetables
YEAR 2	Healthy diet	Animals including humans	Cooking and Nutrition: balanced diet
YEAR 3	Diet and dental health	Animals including humans	Cooking and Nutrition: Eating seasonally
YEAR 4		Digestive system Dental health	Cooking and Nutrition: Adapting a recipe
YEAR 5	Healthy meals		Cooking and nutrition: Developing a recipe
YEAR 6		Impact of different lifestyle choices on health	Cooking and Nutrition: Come Dine with Me