

RHE coverage through DT	
Health and Prevention	Healthy Eating
<p><b>*E. About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</b></p> <p><b>*F. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing.</b></p>	<p>A. What constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>B. The principles of planning and preparing a range of healthy meals.</p> <p>C. <b>*The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</b></p>
<b>*not covered in DT SoW</b>	
Year 3	Cooking and nutrition
	<p>To know the main food groups.</p> <p>To explain what a healthy balanced diet is and why it is important.</p> <p>To develop a design criteria and use it to plan a healthy balanced sandwich.</p> <p>To prepare and cook a healthy balanced sandwich.</p> <p>To develop a design criteria and use it to plan a healthy balanced packed lunch.</p>
Year 4	Cooking and nutrition
	<p>To prepare and cook a porridge.</p> <p>To understand a healthy and varied diet.</p> <p>To investigate snacks by studying packaging and comparing against a healthy criterion.</p> <p>To develop a design criterion and use it to plan a healthy balanced snack.</p> <p>To prepare a healthy balanced snack by chopping, snipping and peeling.</p>
Year 5	Cooking and nutrition
	<p>To prepare and cook a pizza.</p> <p>To understand a healthy and varied diet and explain why it is important.</p> <p>To understand what seasonality means.</p> <p>To know where and how a variety of ingredients are grown, reared, caught and processed.</p> <p>To prepare and cook a seasonal soup.</p>
Year 6	Cooking and nutrition
	<p>To prepare and cook Woolton pie.</p> <p>To understand how a healthy and varied diet is a positive lifestyle choice.</p> <p>To consider whether the Maya diet was healthy and explain why.</p> <p>To understand the impact of location and seasonality on the Maya diet.</p> <p>To create own design criteria for a healthy varied meal and use it to plan a Mexican-themed meal.</p> <p>To prepare and cook a Mexican-themed meal.</p>