



Science

The Natural World

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.
- Make-select from and use a range of tools and equipment to perform practical tasks.
- Select from and use a wide range of materials and components, including ingredients, according to their characteristics.
- Evaluate their ideas and products against design criteria

PSHE

A Healthy Life

- Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

Speaking, Listening & Communication

- Children are confident to try new activities and say why they like some activities more than others.
- Children talk about how they and others show feelings.
- Practicing good listening skills outside of formal classroom environments



Key Stage 1

Science, PSHE, Design & Technology

Science

- To identify and describe the basic structure of a flowering plant.
- Describe how seeds grow into mature plants.
- Describe how plants need water, light and a suitable temperature to grow and stay healthy.
- Identify which season it is and how this affects the plants and trees we find.
- Explore a habitat using their senses.
- Identify that most living things live in habitats to which they are suited and describe how different habitats provide for the basic needs of different kinds of plants and how they depend on each other.
- Identify and name a variety of common wild and garden plants, including deciduous and evergreen trees.
- Identify and describe the basic structure of a variety of common flowering plants, including trees.
- Identify and name a variety of plants (fruits and vegetables) in their habitats, including micro habitats.
- Using observations and ideas to suggest answers to questions.

Learning Objectives

Early Years Foundation Stage

PSHE

- To understand what keeping healthy means; different ways to keep healthy and about foods that support good health.
- To understand how physical activity helps us to stay healthy.

Design & Technology

- Use the basic principles of a healthy and varied diet to prepare dishes
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Key Stage 2

Science, PSHE, Design & Technology

Science

- Find out and describe how plants need water, light and a suitable temperature to grow and stay healthy.
- Explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant
- Identify and describe the functions of different parts of flowering plants: roots, stem, leaves and flowers
- State how habitats change through the year.
- How to identify which season it is – observation of and discussion of seasonal changes.
- How seasons effect the growth and availability of plants, fruits & vegetables grown in Britain and the use of imported fresh foods in shops.
- Identify and name a variety of plants (fruits and vegetables) in their habitats, including micro habitats.

Key Stage 2

Science, PSHE, Design & Technology

PSHE

- How to make informed decisions about health
- About food choices that support a healthy lifestyle and recognise what might influence these.
- How regular (daily/weekly) exercise benefits mental and physical health
- That mental health, just like physical health, is part of daily life; the importance of taking care of mental health.

Design & Technology

- Use the basic principles of a healthy and varied diet to prepare dishes
- Understand where food comes from.
- Understand seasonality and know where and how a variety of ingredients are grown, and processed.
- Make-select from and use a range of tools and equipment to perform practical tasks.
- Select from and use a wide range of materials and components, including ingredients, according to their characteristics.
- Evaluate their ideas and products against design criteria