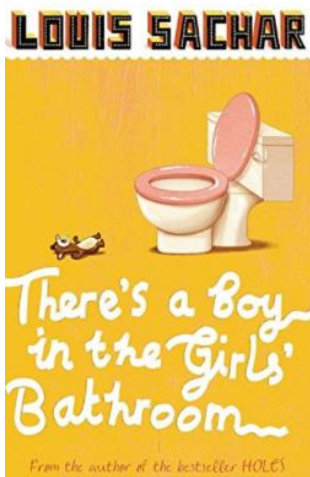


Topic Plan

Year 6 Mission Nutrition		
Key Skills	Key Facts	Key Vocabulary
<ul style="list-style-type: none"> • Use information on food labels to inform choices. • Confidently plan a series of healthy meals based on the principles of a healthy & varied diet. • Research, plan, prepare & cook a savoury dish applying his/her knowledge of ingredients & technical skills. 	<ul style="list-style-type: none"> • Keeping healthy means caring for your body so you have enough energy to learn, play & grow. • All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others. • Everyone should have their '5 a day' – this means five portions of fruit & vegetables, to get the right amount of nutrients. • A 'portion' means the amount of food that fits in your hand. • In addition to your 5 a day, you also need portions of other food groups like carbohydrates, water, fibre, minerals & fats. • It's important that you get the right amount of each food group, which is called a balanced diet. Your diet is another word for the food that you eat – too much of one food group & too little of another food group can mean that your body isn't healthy. • It's important not to eat too much sugar & salt: sugary foods are bad for your teeth & can be fattening, & salty foods can lead to heart disease. 	<ul style="list-style-type: none"> • Carbohydrates – are sugar molecules. Your body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues, & organs. • Fibre - is mainly a carbohydrate. The main role of fibre is to keep the digestive system healthy. • Proteins – a part of every cell in the body. It helps the body to build & repair cells & tissues. Protein is a major component of the skin, muscle, bone, organs, hair, & nails. • Dairy – Milk & dairy products are an important part of everyone's diet. They're a good source of energy & protein, & contain a wide range of vitamins & minerals, including calcium. • Saturated fat - is the kind of fat found in butter, lard, ghee, fatty meats & cheese. • Unsaturated fat - These fats are liquid at room temperature, in oil form. They also occur in solid foods. Mostly found in oils from plants & fish, unsaturated fats can be either monounsaturated or polyunsaturated.
Key Figures/Places	Reading and Writing Links	
	<p>Class Text</p>  <p>Writing</p> <ul style="list-style-type: none"> • Diary entry • Letters • Short story 	