

**Name:**

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

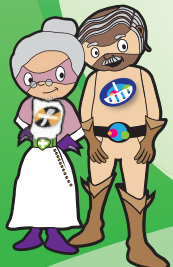


Follow the Eatwell Guide  
Brush my teeth twice a day  
Be active for at least 60 minutes a day



I 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 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

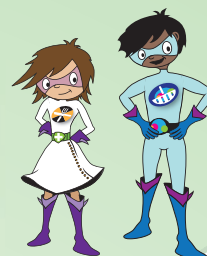


I know that  
I need to drink  
lots each day.

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



# Diet and health



**foodroute**  
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



1 2 3

**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



1 2 3

**I enjoy eating with my friends and family.**

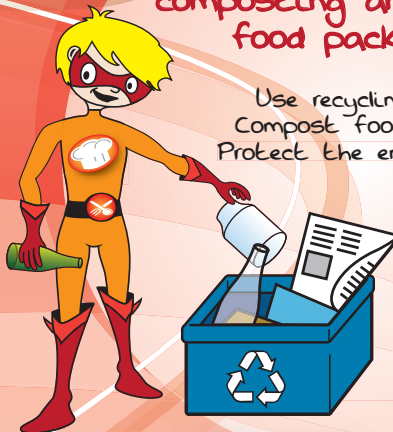
Sharing food with others  
Good table manners



1 2 3

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

Use recycling bins  
Compost food waste  
Protect the environment



1 2 3



# 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.

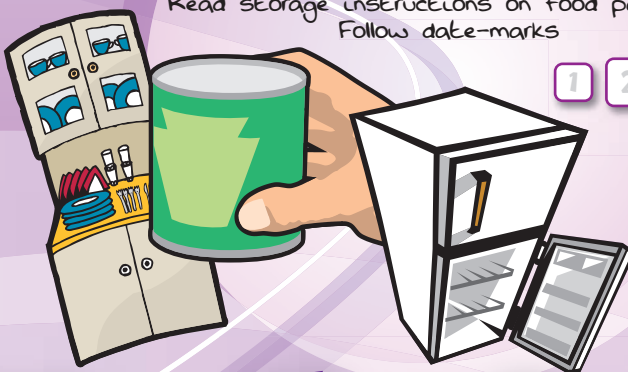
Store foods in the correct place  
Separate cooked and ready to eat foods from raw meat  
Use different chopping boards for raw and cooked foods  
Cook food thoroughly and reheat until piping hot



1 2 3

I use food labels to store food correctly.

Read storage instructions on food packaging  
Follow date-marks



1 2 3

# Food safety



**foodroute**  
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Eat well Move more Live longer

Name: \_\_\_\_\_

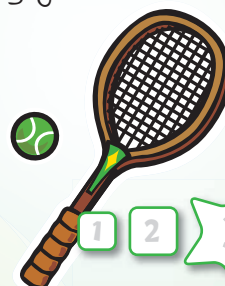
I know I need to be active for 60 minutes each day to be healthy.

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.



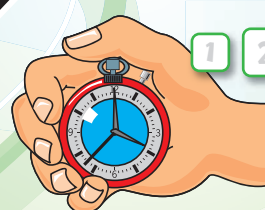
Feel good  
Be happy  
Sleep well



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



**foodroute**  
a journey through food

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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: \_\_\_\_\_

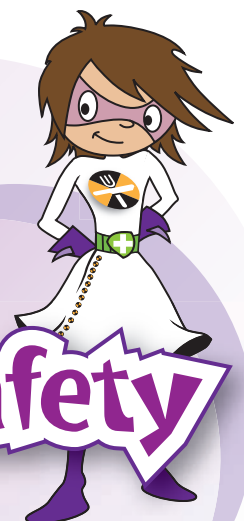
Date: \_\_\_\_\_



**Active  
lifestyles**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



**Food safety**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_

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

## Diet and health



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

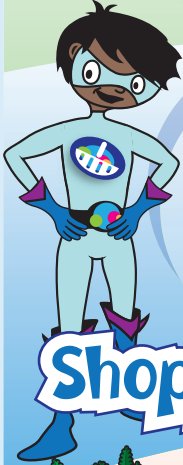
I am aware that advertising can affect what I choose to eat.

1 2 3

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

1 2 3

## Shopping



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

1 2 3

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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