

Lesson number and title	Strand	Objectives	Overview
1. Healthy food, healthy me!	Health Education	To know what constitutes a healthy diet (including understanding calories and other nutritional content).	This lesson looks at healthy and unhealthy diets. What are they and why is a balanced, healthy diet so important? Pupils have the chance to learn about what constitutes a balanced diet and create a healthy menu for a day.
2. Unhealthy choices, unhealthy me!	Health Education	To understand 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).	A look at the fats, hidden salt and sugar found in 'fast food and drinks'. Real food containers/bottles/sweets, etc. can be used (subject to allergies) to explore the ingredients in unhealthy food and will teach pupils how to recognise healthy and unhealthy ingredients on food labels.
3. Chef for the day!	Health Education	To know the principles of planning and preparing a range of healthy meals.	Pupils create salads for their lunch using a wide range of ingredients to encourage creativity and to see that salad isn't just a bit of lettuce on a plate! They plan their recipe carefully (possibly seeking help/advice at home) and complete their own assessment of the recipe.
4. Looking after myself	Health Education	How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.	A look at ill health. How do we know when we are not well? Does our body give us warning signs? How can we listen to ourselves better and make the right choices to prevent illness? Where can we go for help? Pupils use sorting cards to create scenarios, then act one out for the class.
5. Looking after my teeth	Health Education	About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.	Pupils learn about teeth and dental hygiene, bringing in toothbrushes to practise teeth cleaning, after using disclosing tablets, to see how clean their teeth are.