

reduce the risk

CANCER RESEARCH UK



National Curriculum References for eat and drink healthily activities

National Curriculum Reference	National Curriculum Strands <i>Pupils should be taught:</i>	Activities
PSHE: 3a	how to make simple choices that improve their health and well-being.	KS1 Eat and drink healthily activity 4: Making an 'I have tried' poster.
En3: 1a	to use adventurous and wide ranging vocabulary.	KS1 Eat and drink healthily activity 5: Writing a 'We love to drink water' poem.
En1: 2a, c, d	to sustain concentration; make relevant comments; listen to others' reactions.	KS1 Eat and drink healthily activity 1: Keeping a breakfast record of foods and drinks.
En3: 2b	to assemble and develop their ideas on paper and on screen.	KS1 Eat and drink healthily activity 3: Planning a healthy breakfast.
Sc1: 2h	to make simple comparisons and identify simple patterns or associations.	KS1 Eat and drink healthily activity 2: Tasting fruits.
PSHE: 3a	what makes a healthy lifestyle, including the benefits of exercise and healthy eating ... and how to make informed choices.	KS2 Eat and drink healthily activity 2: Drinks diary. KS1 and KS2: Whole school 'stay in shape' frieze.
Ma4: 1f, 2b	to decide how best to organise and present findings; to construct and interpret frequency tables.	KS2 Eat and drink healthily activity 3: Fruit and vegetables for sale.
DT: 1a	to generate ideas for products after thinking about who will use them and what they will be used for, using information from a number of sources, including ICT-based sources.	KS2 Eat and drink healthily activity 1: Breakfast.

SAFETY

All the activities outlined on this poster have been trialled with primary school children. When carrying out practical activities please follow school/area health and safety guidelines. Consult parents/carers before carrying out any activity that involves handling or tasting foods.