



CLASSROOM  
KITCHEN

## CK Nutritional Objectives

# Year 1 & 2

## Year 1

- To know the names of a variety of fruit and vegetables.
- To know the difference between a fruit and a vegetable.
- To think about what our bodies need to be healthy.
- To know which foods are good for us and which we should avoid.
- To know which foods give us energy.

## Year 2

- Continuation of Year 1 Nutritional Objectives.
- To understand why our bodies need fruit and vegetables.
- To know why milk and dairy products are important in our diet.
- To know the five main food groups (in generic form).
- To know where our foods come from and how they're reared, grown or caught.



## CK Nutritional Objectives

# Year 3 & 4

## Year 3

- To understand the purpose of fruits and vegetables in our diet.
- To be able to name different carbohydrate rich foods.
- To know the names of the five main food groups and the nutrient they're high in.
- To be able to explain the pros and cons of home cooking vs ready meals.
- To know how fish gets to the plate and what benefits we get from eating it.

## Year 4

- Continuation of Year 3 Nutritional Objectives.
- To explain the need for a balanced diet and why we need more of some food groups.
- To understand that some people will change their diet to suit a need (exercise etc).
- To consider diets around the world and why they may differ to ours.
- To identify different ways to make a meal healthier.
- To explain the purpose of protein, carbohydrates and fats in the diet.



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## CK Nutritional Objectives

# Year 5 & 6

## Year 5

- To explain the different methods of food preparation and the impact of these on our diet.
- To understand the negative impact of eating an imbalance of the food groups.
- To learn about alternative diets (veganism etc).
- To become aware of the hidden extras (sugar etc) that can be hiding in our foods.
- To understand the consequences of bad eating and unhealthy lifestyles.

## Year 6

- Continuation of Year 5 Nutritional Objectives.
- Review of previous learning to solidify understanding (food groups, balanced diet etc).
- To consider current issues such as 'The Obesity Crisis'.
- To debate current topics such as 'The Sugar Tax' (Pros and Cons).