

## **LEARNING JOURNEY**

## **HEALTHY LIVING**

## **Sleep and Heart Health**

Pasta bolognaise bake Understand why sleep and rest are important Identify how sleep patterns and needs changes

Chicken fajitas

Maintaining good physical and mental health

The focus this half term is for students to recognise the importance of Sleep and Heart Health when using ingredients. Students will be encouraged to create food that are a healthier option and can be suitable for both vegans and vegetarians. Additional topics covered will be strategies preventing the increase of Heart Disease and what food help us sleep well.

Understanding of food components and balanced diets

Mini carrot cakes

Problems caused by too much or too little of certain food. **VOCABULARY** 

Sleep, Rest, Memory, Diet, Lifestyle, Nutrition, Coronary heart disease, Cholesterol, Blood pressure, Obese

1666

Explain the reasons why we need each food type in our diets

## **TUDOR HABITS AND VALUES**

This half term will give you the opportunity to demonstrate resilience by preparing and cooking more challenging dishes. We want you to be open for feedback in relation to making different cuisine dishes if you wish to do this at home with your family.