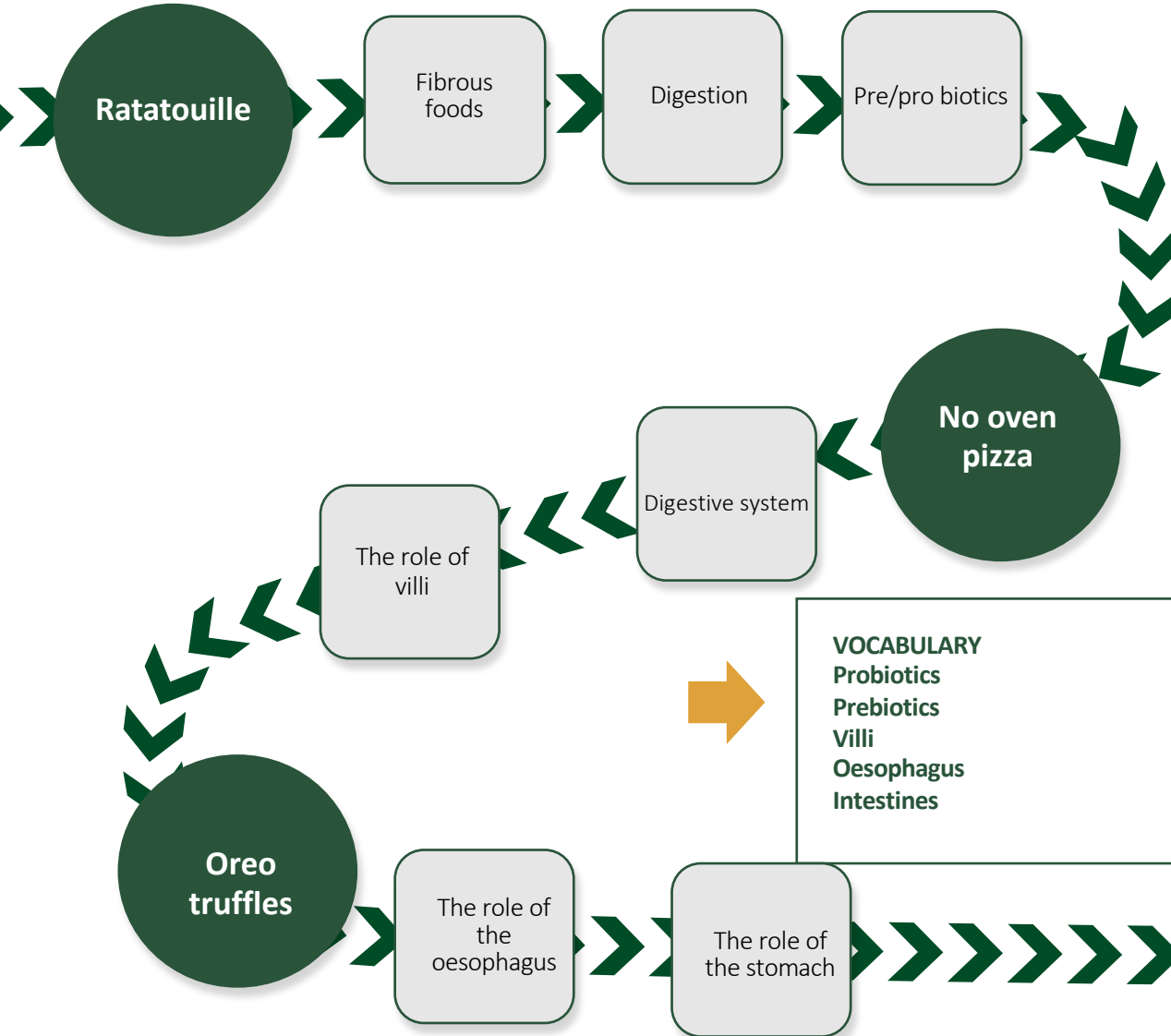




LEARNING JOURNEY

HEALTHY LIVING

GUT HEALTH



This half term the focus will be on the importance of looking after your gut health. We will discuss strategies on how to maintain a healthy gut and importance of a diet high in fibre. In relation to gut health, we will cover the journey of food when digested and how looking after your gut can affect your general health.

VOCABULARY
 Probiotics
 Prebiotics
 Villi
 Oesophagus
 Intestines

TUDOR HABITS AND VALUES
 This half term will give you the opportunity to implement process not product. You will recognise the step by step process of making nutritional savoury dishes. Implementing positive self-regulation when following these steps will be crucial.