



## Links to the National Curriculum

Below are some suggestions on how the Cyril the Seal booklet and the supplementary material on this disc can be linked to the National Curriculum. We have suggested that teachers will find the material most useful in Key Stage 2 - years 3 and 4, but it can also be adapted for other age groups.

### Useful Internet Links

Wired for Health is a series of websites managed by the Health Development Agency on behalf of the Department of Health and the Department for Education and Skills. It provides information for teachers on a range of health topics linked to the National Curriculum, including eating a balanced diet.

It also has healthy eating sections targeted at children in each of the key stages, which include interactive games based on the 'balance of good health' food plate.

- [Welcome to Welltown](#) for Key Stage 1
- [Galaxy - H](#) for Key Stage 2
- [LifeBytes](#) for Key Stage 3
- [Mind, Body and Soul](#) for Key Stage 4

## Science - Life Processes and Living Things

### Life processes

Pupils should be taught that the life processes common to humans and other animals include nutrition, movement, growth and reproduction (1a).

### Humans and other animals

#### Nutrition

Pupils should be taught about the need for activity and growth, and about the importance of an adequate and varied diet for health (2a).

These materials support the teaching of science by:

- Promoting health understanding through the context of a healthy balanced diet.
- Providing practical examples of recipes and activities to support food choice in relation to health.
- Understanding the type, role and function of energy and a range of nutrients provided by food in the diet.

## Links to the QCA Schemes of Work for Science

The Qualification and Curriculum Authority's schemes of work are non-statutory, but provide ideal opportunities to incorporate these materials into the formal curriculum.

For example:

### **Unit 3A Teeth and Eating Unit 5A Keeping Healthy**

- Developing children's knowledge of their personal health and how this relates to diet.
- Understanding the concept of food groups and how these contribute towards health, and the concept that food provides energy and nutrients.

## Links with other curriculum areas

These materials may also be useful in:

### **Literacy**

For example:

#### **Instruction Writing - Recipes**

Writing and following recipes and instructions.

- Write instructions on how to make a balanced meal.
- Make a collection of recipes and keep in class book.

#### **Food and the Alphabet**

- Can you find examples of different foods for every letter of the alphabet?

#### **Information writing**

- As part of an 'information text' focus, children could reinforce their understanding of the different food groups and the importance eating balanced meals.
- Encourage children to refer to a variety of sources; reference books, CD-ROMS, the internet, leaflets from supermarkets and health centres. Invite groups to organize and prepare a presentation or poster on the theme of 'eating a balanced meal'. Each group could take a different aspect or research the whole topic.

### **Numeracy**

For example:

#### **Word Problems**

- Investigate food labels and find nutritional information. How much energy is there in 100g? How much protein is there in 100g?



## Data handling

- Do a class survey on, for example, favourite fruits. Use the data to compile tally charts, block graphs or bar charts.

## Information and Communication Technology

Investigate websites (refer to external links).

## Geography

For example finding out which foods are traditionally eaten in different parts of the world and how different climates affect food production.

- Invite children to plan and prepare a balanced meal from a part of the world of their choice, for example 'Italian' home-made pizza and salad, or a traditional Indian meal.

## Extra-curricular activities

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The material can be used outside the school curriculum, for example:

- Parents can read the booklet at home with their children.
- The recipes, activity sheets and characters from the book can be used to make a bright, colourful display in school.

