



Food, Fitness and Fun



Year 1 Summer Term

The Four Purposes



Ethical, informed citizens

Learners explore healthy eating across different cultures, helping them understand diversity, make informed choices, and develop respect for others' lifestyles and traditions.



Enterprising, creative contributors

Children design balanced meals, create artwork, and share ideas through collaborative projects, encouraging creativity, problem-solving, and teamwork.



Ambitious, capable learners

Through hands-on investigations (e.g. plant growth, measuring, research), learners build skills in questioning, analysing, and applying knowledge across areas of learning.



Healthy, confident individuals

The focus on diet, exercise, and wellbeing helps children understand how to care for their bodies and minds, building confidence and supporting positive lifestyle choices.



Six Areas of Learning and Experience (AoLEs)

Food, Fitness and Fun Theme Activities



Humanities

Learners explore healthy meals from different cultures, comparing diets and role play making good choices.



Science and Technology

Children investigate plant growth by planting runner beans and observing patterns over time.



Health and Well-being

Learners explore balanced diets and how food impacts the body. They design their own healthy menus and reflect on lifestyle choices.



Expressive Arts

Children explore the art of Italian artist Guiseppe Arcimboldo and design Arcimboldo inspired fruit faces.



Maths and Numeracy

Learners develop measuring skills through real-life contexts:

- Measuring jumping distances (metre sticks)
- Tracking plant growth (rulers)



Literacy, Languages and Communication

Children develop speaking, listening, and writing skills by:

- Interviewing visitors with expertise in fitness and health
- Creating explanation texts to share knowledge and findings



Overall Theme Intent

This unit builds a holistic understanding of healthy living by combining:



Practical experiences (planting, measuring, cooking ideas)



Cultural awareness (global and local food comparisons)



Physical activity and wellbeing



Communication and collaboration



★ It culminates in a shared outcome where learners present their understanding of healthy lifestyles. ★