



# Summer Term 1

## Topic Title: Healthy Hearts and Minds

History	Geography	Art	Design and Technology
		Art - Designing a scented comforter.	<p>Design, make and evaluate a scented comforter.</p> <p>Children will use sewing skills to make a scented comforter.</p> <p>Children will devise a healthy meal with a drink.</p> <p>Children will make a healthy meal with a drink.</p>

## Key drivers of the curriculum

Aspirations	Global citizenship	Wellbeing
Healthy lifestyle and understanding of mental health.	Understanding and having empathy for others.	Healthy lifestyle, sleep, germs and healthy eating.

## Core links through the curriculum.

### Basic Skills

### Real World Applications

English	Numeracy	Using Technology including Computer Science	Science
<p><b>Key texts</b></p> <p>A bag full of worries.</p> <p><b>Writing opportunities</b></p> <p>Evaluating comforter and healthy meal.</p> <p>Writing instructions to create healthy meal.</p> <p>Creating a healthy menu.</p> <p><b>Reading opportunities</b></p> <p>Reading recipes.</p> <p>Reading food labels.</p> <p>Reading literacy text above.</p> <p>Research of healthy bodies.</p> <p>Research sleep.</p>	<p>Weighing ingredients.</p> <p>Working out calories in a healthy meal.</p> <p>Ratio for cooking.</p> <p>Cooking timings.</p> <p>Measuring material.</p>	<p>Use of cooking equipment.</p> <p>Technology to take photos of and record an evaluation for our healthy food.</p>	<p>Understanding the need for a healthy balanced diet in relation to the human bodies demands.</p> <p>Food types.</p> <p>Understanding the mind and its need for sleep.</p> <p>Digestive System.</p> <p>Impact of exercise on</p>

			body and heart.
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<b>Objectives</b>	<b>Activities</b>
<b>ICT:</b>	
I can use a range of sources to gather research from.	Using google for research.
<b>DT</b>	
<p>I can use the ideas of experts and existing designs to help design my own product.</p> <p>I can create a detailed plan for my product and explain it.</p> <p>I can select materials and components suitable for a task.</p> <p>I can make accurate measurements to the nearest cm.</p> <p>I can apply the principles of a healthy diet to make a meal.</p> <p>I can choose the most appropriate joining technique to add a decoration to a piece of fabric</p> <p>I can use given sewing patterns or printing blocks to add detail to my designs.</p> <p>I can weigh ingredients to an appropriate level of accuracy.</p> <p>I can stir a heated pan.</p>	<p>Design and make and a evaluate a healthy meal.</p> <p>Design make and evaluate a scented comforter.</p>
<b>ART</b>	
I can use different shades and types of pencils.	Design a logo for a healthy food company.