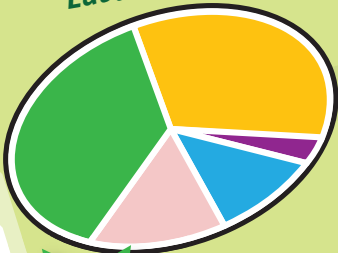


I can...

eat well

Eat lots of different foods
Try new foods



name _____

eat 5 a day

Eat different
fruit and vegetables
Fresh, frozen, dried,
canned, juiced



Drink 6 to 8 glasses a day
Go for water and lower
fat milk
Have one small glass of
fruit juice each day

drink plenty



brush my teeth

Brush twice a day
Visit your dentist

eat breakfast



Eat it every day
Have a piece
of fruit and a drink

Diet and health

food route
a journey through food

**change
4 life**
Eat well Move more Live longer

I can...

tell where my food comes from



Shops, markets and farms



point out food labels

INGREDIENTS



Know what a food label is
Choose healthier foods

talk about the food my family and friends eat



Choose foods my family and friends like
Know why other people don't eat some foods
Explain what foods people choose to eat in different places

name

grow my food



Try planting seeds and care for them



Taste different foods
Name the foods I like
Chat with my friends

talk about the food I like

Shopping

foodroute
a journey through food

change 4 life
Eat well Move more Live longer

I can...

name lots of foods



Taste food

Name different foods

1 2 3

eat with my friends



Share foods with my friends

1 2 3

name

use kitchen equipment safely to help cook healthy dishes

1 2 3

Fork, knife, spoon, pan
saucepan, and wok

Hob, grill, oven,
microwave and fridge

Take care when using knives

Use oven gloves



peel, slice, mix, grate and spread

1 2 3

Peel a banana

Slice a carrot

Mix a dough

Grate cheese

Spread bread



recycle food packaging

Use recycling bins

Put away leftover food

1 2 3



Cooking



foodroute
a journey through food

**change
4 life**
Eat well Move more Live longer

I can...

name _____

wash my hands

Wash hands before and after cooking
Use hand wash and warm water
Dry hands well



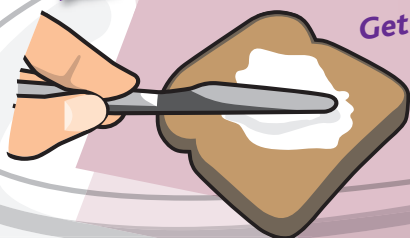
get ready to cook

Wear an apron
Tie back long hair
Remove jewellery



be safe in the kitchen

Get a grown-up to help
Cook safely
Be careful



help put food away in the right place

Fridge, freezer and cupboard
Check best before and use by dates



clean and tidy away

Clean the kitchen
Wash up and dry up



Food safety

foodroute
a journey through food

**change
4 life**
Eat well Move more Live longer

I can...

name

be active to stay healthy

Go for a walk
Ride a bike
Sit less,
move more



be active in lots of places

Walk to school
Play outside
at break time



play games I like

Try new
games or sports



play as part of a team

Play with friends
and family
Take part in
after school clubs



drink more when I am active



Remember your
water bottle
Drink lots once
you are finished

Active lifestyles

food route
a journey through food

**change
4 life**
Eat well Move more Live longer

Certificate of Achievement

This certificate is awarded to:

name _____

who has demonstrated
outstanding performance in:



**Diet and
health**

Signed: _____

Date: _____



Shopping

Signed: _____

Date: _____



Cooking

Signed: _____

Date: _____



Active lifestyles

Signed: _____

Date: _____



Food safety

Signed: _____

Date: _____

My name is

name

I can...



Diet and health



eat well



eat 5 a day



drink plenty



brush my teeth



eat breakfast



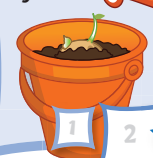
Shopping



tell where my food comes from



grow my food



INGREDIENTS



point out food labels



talk about the food I like



talk about the food my family and friends eat



Cooking



name lots of foods



use kitchen equipment safely



eat with my friends



peel, slice, mix, grate and spread



recycle food packaging



Food safety



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