



Key learning

Cooking and Nutrition

- understanding the importance of healthy food choices
- **understanding hand hygiene (esp when cooking)**



Key Vocabulary

| Word/ term | definition |
|------------|--|
| hygiene | Means to be clean. You must wash your hands and not touch your face. |
| healthy | Our body needs to be in good condition. |
| evaluation | Do you like how it looks, smells, tastes and feels? |



Key skills

Recap and Retrieval. Key Questions.

Prior learning and Resources: Books, internet sites and places to visit

- **PD (fine motor)** Use a range of small tools, including scissors, paintbrushes and cutlery
- **PSED (managing self)** Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices

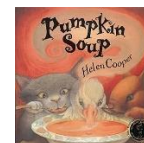
Why do we need to wash our hands before cooking? (to get rid of the germs)
Why are vegetables good for our body? (keep us healthy/ **they give us vitamins/fibre**)

Nursery: Keeping healthy – what our bodies need (real food vs treats, brushing teeth, exercise, sleep)

Web sites and books:

<https://www.bbc.co.uk/cbeebies/makes/febos-usa-pumpkin-pie>

[Wash your hands Children's Song | Wash us - Healthy habits Song | Hooray Kids Songs & Nursery Rhymes - YouTube](#)



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