

British Values links: Encourages respect towards one another through team work and appreciation of their own and other cultures

Key Stage 3		Autumn	Spring	Summer
Unit Title		Healthy Lifestyles: Food Safety	Clothing	Helping Others: Meadowside Shop
Key areas	2023-2024	Hygiene: Hands, general kitchen & environment Food Safety- Basic food & kitchen hygiene, food appearance, storage and labels Practical: Related activities-hygiene (germ experiments/cleaning), Food (taste or make cold foods/snacks-practical skills).	Clothing- Is it appropriate? Suitable? (Season/occasion/work /presentation-clean?), making choices what to wear? Buying clothes Looking after clothes: labels, wash, fold/hang/mend/sew clothes. Dressing skills: developing independence, making suitable choices Practical:- Fasteners-buttons, zips, laces, wash clothes(iron) fix/mend	Meadowside Shop: Grow, make and/or bake- Grow vegetables/herbs/flowers or bake food items to sell to fundraise for charity decided by pupils (suggest & vote) Practical: gardening/cook, money and retail sales skills.
Skills Focus		Clean, storage, wrap, hygiene & safety awareness	Fastenings, buttons, zips, laces, wash, safety (iron)	Team skills, money skills, practical skills
Key Vocabulary <small>Links to other subjects</small>		Hygiene, safety, germs/bacteria. Cross-contamination PSHE, Science, Citizenship, English	Clothes, season, occasion presentation, wash, labels, laundry, fastenings, mend, sew PSHE, English, Design & Technology	Charity, fundraise, help/support, cost/profit, retail, promote Citizenship, Careers, Maths, Horticulture, English
Key Stage 3			Autumn	Spring
Unit Title		Healthy Lifestyles: Food	Helping Others: Fair Trade/Kitchen equipment	Home Management: Cleaning & Recycling
Key areas	2024-2025	Healthy Choices- Healthy lifestyle –How to keep healthy Healthy & unhealthy foods, The Eatwell plate, food and the body & basic nutrition. Practical: Food tasting (fruit & vegetables) making healthy snack foods/drinks (party/buffet).	Fair Trade Topic: What is it? Who it helps & how? Fair Trade Fortnight fundraising Practical: food tasting, smoothies, Fair Trade (cakes) and fundraising. Kitchen Equipment – Utensils & equipment –naming, safety & usage (developing basic practical skills safety & usage).	Cleaning: Why? How? Past & today, whose job is it? Cleaning jobs, products & equipment (labels, safety) Environment issues- cleaning products, safety & disposal Recycling: Why? How? Practical: cleaning tasks-classroom/school environment.
Skills Focus		Wash, peel, grate, hygiene, safety	Safety awareness knowledge and demonstration	Wash, dry, dust, brush, mop, fold, hygiene & safety skills
Key Vocabulary <small>Links to other subjects</small>		Healthy, unhealthy, groups (various), nutrition, function, diet, vegetarian/vegan, taste, senses, party/buffet foods Science PSHE, English	Fair trade, charity, help, support, money, fundraise/senses, outdoor/indoor Geography, PSHE, Citizenship, English, Maths, Science	Clean/dirty, hygiene, wash/dry, male/female, gender, equality, recycle, environment PSHE History, English, Geography
Key Stage 3			Autumn	Spring
Unit Title		Healthy Lifestyles: Personal Care	Home Safety: Accidents & Prevention	Life Skills Preparation
Key areas	2025-2026	Personal Care: Why clean? How? When? Toiletries products and safety usage Personal Presentation: Hair, clothes, face Practical: Handwashing, teeth cleaning, hair care personal presentation and exercise.	Home Safety: What can be dangerous? How? Why? What do I do? Dangers in the home- electric, gas, equipment, fire. Accident prevention: Home/school, scenarios/role play, basic first aid and the emergency services, Practical: role play/first aid, equipment usage (hot drinks & snacks).	New foods- What is it? How do I eat it? Where does it come from? Food tasting (the senses), choosing foods Shopping Skills- Role play-shop/cafe, shop lists, money skills Transport: Safety/timetables -walking/bus/train Practical tasks- role play, food tasting (familiar/new), eating skills, multicultural/ festival foods and make simple snacks.
Skills Focus		Personal care; teeth hair, hygiene	Peel, chop, mix, blend, weigh, hygiene, safety	Food preparation peel. Chop, eating skills
Key Vocabulary <small>Links to other subjects</small>		Personal hygiene, Clean, germs, bacteria, body odour PSHE, Science, English, Careers	Safe, danger/hazard, prevention, rules/law, accident, alarms, emergency, scenarios PSHE, English	Money, transport, shop, budget, timetable, multi-cultural, tasting, Geography, PSHE, RE, Science, Maths, English