

# Food for Fitness!

## Key Vocabulary

Cocoa	Cocoa is the seed of the cacao tree that is used to make chocolate
Eatwell Plate	A guide to show us what kind of foods we should be eating and how much
Balanced diet	Eating the right types of food to keep you healthy
Healthy	Things that are good for your body
Protein	We need foods containing proteins to help our bodies grow and repair themselves
Carbohydrates	Foods containing carbohydrates give our body energy
Vitamins and Minerals	Vitamins and Minerals keep our body and cells healthy
Dairy	Dairy gives us calcium for strong teeth and bones.
Fats	Fats give our body energy and help build up our bodies.
Exercise	An activity that makes your heart beat faster and keeps you fit and healthy

Imagine a world where you can eat marshmallows that taste of violets, and rich caramels that change colour every ten seconds as you suck them, and little feathery sweets that melt away deliciously the moment you put them between your lips. Chewing-gum that never loses its taste, and sugar balloons that you can blow up to enormous sizes before you pop them with a pin and gobble them up. Imagine blue birds' eggs with black spots on them, and when you put one of these in your mouth, it gradually gets smaller and smaller until suddenly there is nothing left except a tiny little pink sugary baby bird sitting on the tip of your tongue.

You no longer have to imagine as we can make these dreams come to life as we design our very own chocolate bars requested from Mr Willy Wonka himself, inspired by the delicious treats we read about in 'Charlie and the Chocolate Factory'.

We will 'balance' out our learning by becoming healthy eating heroes. Write and follow your own instructions for a healthy snack. Learn about why eating a balanced diet is important and how different foods provide nutrition to help the body grow. Become PE teachers and design 1-minute exercises that will keep our hearts healthy and happy. Discover different foods from all across the world and where the food you eat everyday comes from.

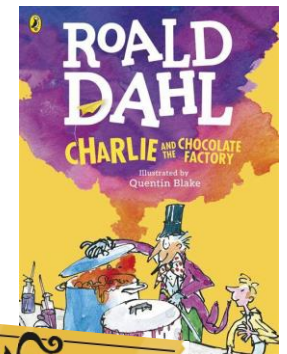
*'If you want to view paradise, simply look around and view it. Wanna change the world, there's nothing to it'*

Mr Willy Wonka



Hook with a Book:

Charlie and the Chocolate Factory



## Caritas- We learn together

We will be looking at different members of God's family in our school community- we are all beautiful and different.

We will be looking at the work of the 'common good' as seeing everyone as a family, what happens to you affects me, I care about you, I will help you- we will be finding examples of people in our school and community who are doing this.

We will be linking our work to CAFOD and looking at other children's experiences around the world. This will link with our 'Food for Fitness' topic as we will be talking about and learning about different foods across the world and how the money that CAFOD raises can reach families around the world and help them to grow and reach their full potential in times of hunger.

Caritas- The Christian love of human kind

**CAFOD**  
Just one world

