



## **Food Dudes Curriculum Links for SPHE**

**Food Dudes introduces children to eating fruit and vegetables as part of their everyday diet. The opportunity can be taken to further develop the child's understanding of food and nutrition, and below are some relevant curriculum links:**

**Strand: Myself**

**Strand Unit: Taking care of my body**

**Topic: Food and nutrition**

The child should be enabled to

Infant  
Classes

- become aware of the importance of food for growth and development  
*food provides energy for work and play, food helps to protect against illness, food helps us to grow*
- explore food preferences and their role in a balanced diet  
*treats, snacks, fruit, vegetables, foods that are unhealthy for some people and not for others*
- discuss and explore some qualities and categories of food  
*fruit, vegetables, foods that can be eaten at breakfast, foods that are grown, food that comes from animals*
- realise the importance of good hygiene when preparing food to eat

First  
and  
Second  
Classes

- explore the importance of food for promoting growth, keeping healthy and providing energy
- appreciate that balance, regularity and moderation are necessary in the diet  
*the food pyramid, the need for a balanced diet, the importance of having an appropriate intake of liquids, food that is unhealthy for some people and not for others*
- identify some of the foods that are derived from plant and animal sources
- recognise and practise good hygiene when dealing with food

Third  
and  
Fourth  
Classes

- differentiate between a healthy and unhealthy diet and appreciate the role of balance and moderation  
*identifying the nutrients that are necessary in a balanced diet*  
*exploring how diet promotes growth, performance and development*
- recognise the wide choice of food available and categorise food into the four main food groups and their place on the food pyramid  
*bread, potatoes, cereals*  
*fruit and vegetables*  
*milk, cheese, yoghurt*  
*meat, fish and alternatives*
- examine the dietary needs of his/her own age group and other groups in society
- explore some factors that influence the consumption of different food products  
*presentation and packaging, shelf life, advertising, imported or home-produced, price, consumer demand*
- discuss and examine the importance of proper food hygiene

Fifth  
and  
Sixth  
Classes

- appreciate the importance of good nutrition for growing and developing and staying healthy
- realise and accept some personal responsibility for making wise food choices and adopting a healthy, balanced diet  
*exploring and examining the food pyramid*
- recognise some of the important nutrients that are necessary in a balanced diet and the food products in which they are found  
*macro-nutrients: protein, carbohydrate, fat*  
*micro-nutrients: vitamins and minerals*
- explore the factors that influence food choices  
*cost, advertising, demand, peer pressure, advertising and packaging, value for money, time for shopping and for cooking, ideal body images*
- explore and examine some of the illnesses particularly associated with food intake or special health conditions  
*celiac, diabetic, anorexia, bulimia, the dietary needs of different age groups and individuals*
- become aware of the importance of hygiene and care in the preparation and use of food

*using before sell-by date, reading contents, not chopping cooked foods and uncooked foods on the same board*

**Disposing of fruit and vegetable waste (peel, cores, leftovers) by composting, and using the compost for the school garden, provides an opportunity for the following curriculum links to be developed:**

**Strand: Myself and the wider world**

**Strand unit: Developing Citizenship**

**Topic: Environmental Care**

The child should be enabled to

Infant  
Classes

- appreciate the environment and realise that each individual has a community and individual responsibility for protecting and caring for the environment

First  
and  
Second  
Classes

- appreciate the environment and realise that there is a community and individual responsibility in caring for and protecting the environment

Third  
and  
Fourth  
Classes

- appreciate and respect the environment and learn that there is an individual and community responsibility in caring for the environment and protecting it for future generations

Fifth  
and  
Sixth  
Classes

- appreciate the environment and develop a sense of individual and community responsibility for caring for the environment and being custodians of the Earth for future generations