



Outdoor Learning Knowledge Organiser		
Year group: 6	Topic: Growing and Developing a Healthy Lifestyle	Nutrition and Food Labelling Soil Cultivation and Crop Rotation
Key Question: What information is found on the food labelling system and how does it help us?		
What is soil cultivation?		

What key knowledge will I have by the end of this journey?

Understand the food labelling and nutrition panels system.

Understand which foods have the most carbohydrates, fibre and energy.

Understand the role of different foods in a healthy, varied diet

Understand the importance of soil cultivation.

Key Vocabulary:
Nutrition, Energy, fat, carbohydrate, packaging, product, wheat based, guidelines, allergens, traffic light systems, Cultivation, preparation, annual

Links to National Curriculum – DT, Science
Understand and apply the principles of a healthy and varied diet

Identify how animals and plants are adapted to suit their environment in different ways



What key skills will I have by the end of this journey?

I can explain the role of different foods in a healthy, varied diet.

I can compare and discuss food nutrition labelling.

I can extract and record information from a food labelling system.

I can cultivate soil and prepare a garden for the Spring season.



My outcome will be

To interpret nutritional information on packaging, nutrition panels and ingredients lists.

To understand the importance of soil cultivation and crop rotation.

Links to previous and future learning			
In Year 3 To understand how a seed germinates and what conditions are needed for a plant to form. Planting	In year 4 To understand that food choices have an effect on the world environment Planting	In Year 5 To understand what a balanced diet is. To understand the advantages and disadvantages of sexual and asexual reproduction in plants.	In year 6