

First Level Experiences and Outcomes - Links to FSS Education Resources

The Topics	Experiences and Outcomes	FSS resource
Physical wellbeing Health and wellbeing experiences and outcomes which are the responsibility of all adults working together are shown in italics.	<i>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 1-15a</i>	Taste Bud Challenge Germ Outbreak Happy Hands!
	<i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. HWB 1-16a</i>	Taste Bud Challenge Germ Outbreak Happy Hands!
Food and Health: Nutrition	HWB 1-29a I enjoy eating a diversity of foods in a range of social situations.	Family favourites
	HWB 1-30a By investigating the range of foods available I can discuss how they contribute to a healthy diet.	What's in my Basket? Interactive Eatwell Guide Cookin Castle Beat the Clock Family favourites Packed Lunch Puzzle
	HWB 1-30b I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks.	Family favourites

	HWB 1-32a I am beginning to understand that nutritional needs change at different stages of life, for example the role of breastfeeding in infant nutrition.	Cookin Castle
Food and Health: Safe and Hygienic Practices	HWB 1-33a I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth.	Cookin Castle What Goes Where? Germ Outbreak Happy Hands! Crazy Kitchen Taste Bud Challenge
Food and Health: Food and the Consumer	HWB 1-35a When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability. HWB 1-37a I am discovering the different ways that advertising and the media can affect my choices.	
Food and Health: Food and Textile Technologies	TCH 1-04a I can use a range of simple food preparation techniques when working with food. TCH 1-04b I can use a range of tools and equipment when working with textiles. TCH 1-04c I am developing and using problem-solving strategies to meet design challenges with a food or textile focus. TCH 1-04d I can adapt and improve my ideas and can express my thinking in different ways.	