

**Health and Well-being - Food and Health**  
**First Level HWB 1-29a**

**I enjoy eating a diversity of foods in a range of social situations.**

**Health and Well-being - Food and Health**  
**First Level HWB 1-30a**

**By investigating the range of foods available I can discuss how they contribute to a healthy diet.**

**Health and Well-being - Food and Health**  
**First Level HWB 1-30b**

**I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks.**

**Health and Well-being - Food and Health**  
**First Level 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.**

**Health and Well-being - Food and Health**  
**First Level 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.**

**Health and Well-being - Food and Health**  
**First Level 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.**

**Health and Well-being - Food and Health**  
**First Level HWB 1-37a**

**I am discovering the different ways that advertising and the media can affect my choices.**