

**Health and Well-being - Food and Health**  
**Second Level HWB 2-29a**

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

**Health and Well-being - Food and Health**  
**Second Level HWB 2-30a**

**By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.**

**Health and Well-being - Food and Health**  
**Second Level HWB 2-32a**

**I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods.**

**Health and Well-being - Food and Health**  
**Second Level HWB 2-35a**

**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**  
**Second Level HWB 2-36a**

**By investigating food labelling systems, I can begin to understand how to use them to make healthy food choices.**

**Health and Well-being - Food and Health**  
**Second Level HWB 2-37a**

**I can understand how advertising and the media are used to influence consumers.**