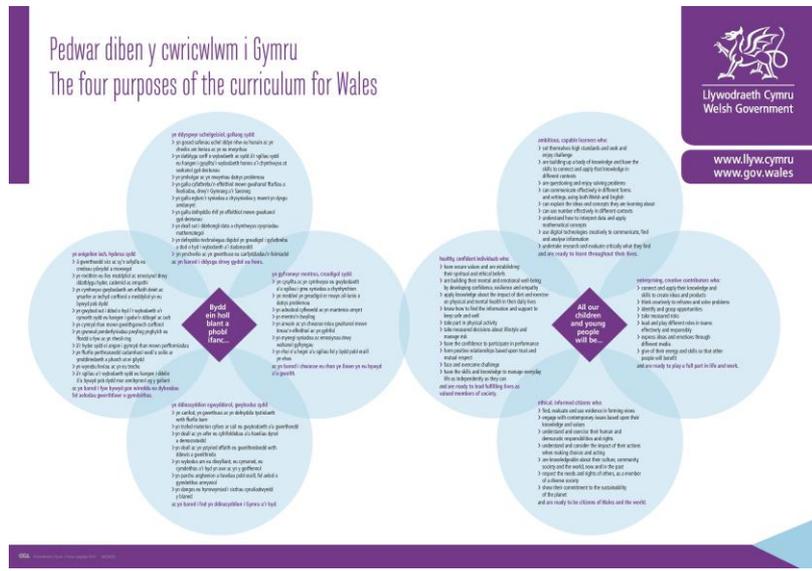


LINKS THE FOUR PURPOSES

CYCYLLTIADAU Â'R PEDWAR DIBEN




Llywodraeth Cymru
Welsh Government
www.llyw.cymru
www.gov.wales

HEALTHY, CONFIDENT INDIVIDUALS

Apply knowledge about the impact of diet and exercise on physical health and their daily lives

Cooking healthy recipes, Food science activities - what does sugar do to our teeth, Eatwell guide activities

Take measured decisions about lifestyle and manage risk

Healthy eating activities - sugar smart/food smart apps (technology), Learning how to use different types of equipment safely - knives/graters/scissors/oven/hob

Form positive relationships based upon trust and mutual respect

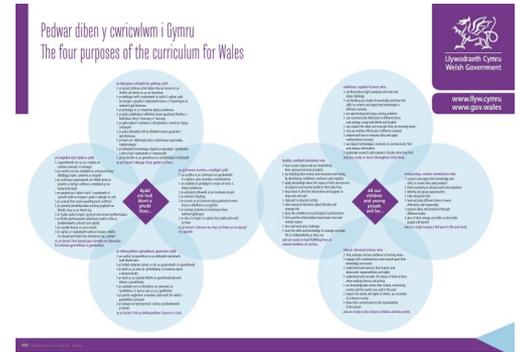
Working together to create a healthy dish or meal

Face and overcome challenge

Learning new cooking skills – knife skills

Have the skills and knowledge to manage everyday life as independently as they can

Prepare recipes that are healthy, simple to make and use a range of cooking skills (life skills)



THE FOUR PURPOSES * Y PEDWAR DIBEN



ENTERPRISING, CREATIVE CONTRIBUTORS

Connect and apply their knowledge and skills to create ideas and products

Designing packaging/food labels for the food items they create.

Think creatively to reframe and solve problems

Measuring ingredients using dessertspoons/teaspoons instead of weighing scales/jugs

Take measured risks

Using a sharp (or doggy) knife in a safe way to prepare food

Lead and play different roles in teams effectively and responsibly

Café role play, working together to cook a recipe

Give of their energy and skills so that other people will benefit

Charity days - Healthy bake sales or food ingredients bags - weighed and measured by pupils and sold to cook at home



THE FOUR PURPOSES * Y PEDWAR DIBEN



AMBITIOUS, CAPABLE LEARNERS

Are building up a body of knowledge and have the skills to connect and apply that knowledge

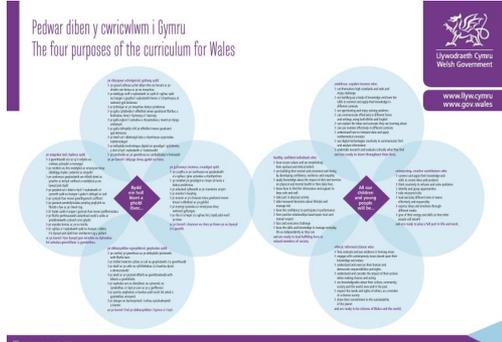
Using their literacy and numeracy skills to follow a recipe

Can communicate effectively in different forms and settings, using Welsh and English

Describing the taste/texture/appearance of food, Writing a recipe - procedural text, Learning basic cooking terms in Welsh & English

Can use number and understand how to interpret data

Weighing & measuring using different types of equipment - scales, spoons, cups



ETHICAL, INFORMED CITIZENS

Are knowledgeable about their culture, community, society and the world, now and in the past

Respect the needs and rights of other, as a member of a diverse society

War time OSLO MEAL = Present EATWELL GUIDE, Learning about and celebrating different cultures - making samosas for diwhali, Chinese noodles for new year, Celebrating Eid & Ramadan, Traditional recipe from wales – Teisen Lap, Savoury Welsh Cakes

Show their commitment to the sustainability of the planet

Fairtrade fortnight – Using bananas - The Bad Banana's Fruit Muffins, Composting, recycling, reducing food waste, growing veg

