



Someries
Infant School

Knowledge Organiser

Prime Learning Challenge: Who can be found in Paddington Station?

Key language

taste	smell	see	hear
touch	healthy	unhealthy	London
Big Ben	underground station	bus	Houses of Parliament
then	now	different	same

This food is healthy because _____ .

This food is unhealthy because _____ .

This part of London looks the same because _____ .

This part of London looks different because _____ .

I could travel from _____ to _____ by _____ .

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses. 2 portions of sustainably sourced fish per week, one of which is oily.

Eat less red and processed meat.

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts

London Landmarks

