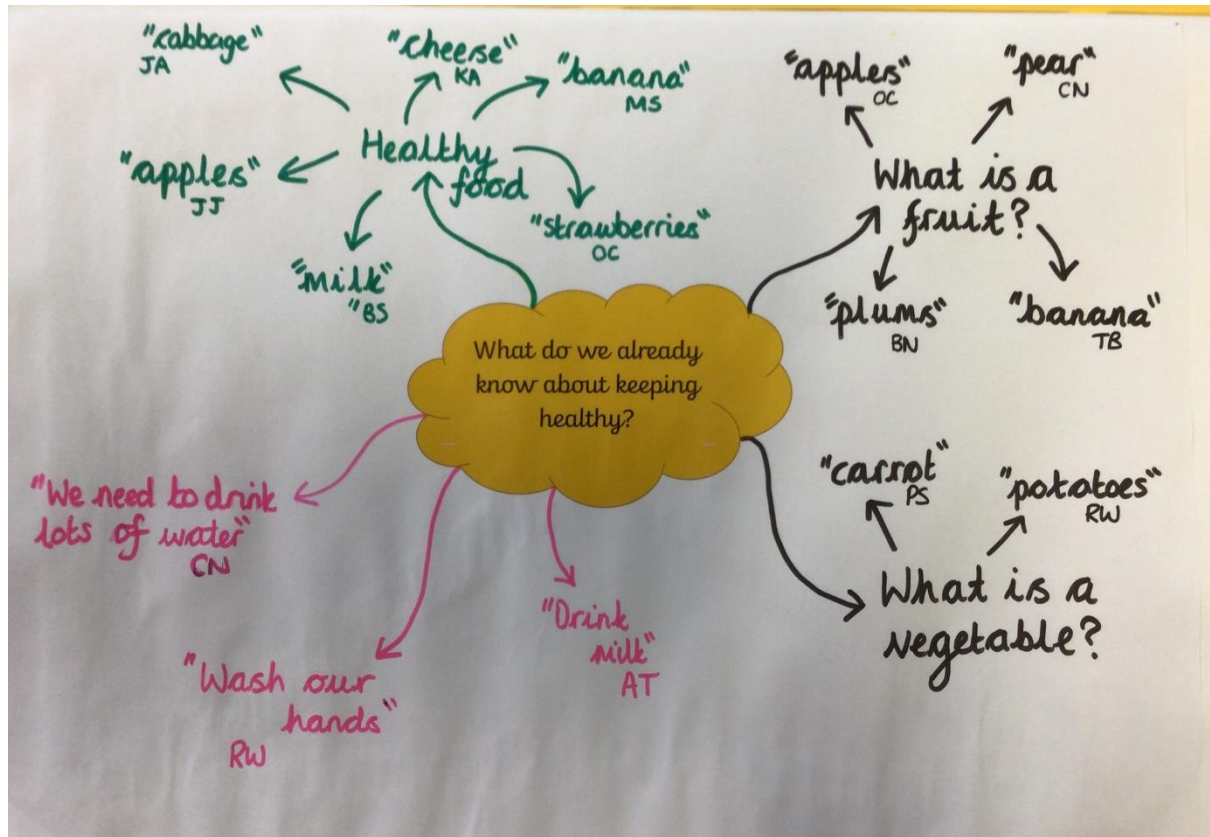


Nursery - Hedgehogs

How do we keep our bodies healthy?

We started by talking about what we already know.



We discussed how important it was to stay safe in the sun and how we can keep ourselves protected.


How to stay safe in the sun!

During our first week of enquiry, it was very hot. The sun was shining and we were spending more time outdoors as a result.

We talked about the importance of safety in the sun.


How can we keep safe in the sun?

- "Put sun cream on" FB
- "Drink lots of water so we don't get hot!" CN
- "Stay in the shade" OC
- "Wear sun hats" BN





We put sun cream on to protect us from sun burn. It is important that we put it on regularly throughout the day.

In nursery, the children can apply it themselves. We use the rhyme "Round and round the gardens"



We have our own sun hats in school. We know that this protects our head, neck and ears.

We explored a variety of different fruit and vegetables and even got to taste some.



Exploring different fruits and vegetables
 We talked about the importance of fruit and vegetables and the variety our bodies need to maintain and stay healthy.

The children enjoyed fruit tasting and exploring some more exotic fruit and vegetables.

"it smells like pumpkin" KG
 "it stinky" KD
 "I like this one it smells nice" SG
 "Look this one it smells nice" JJ
 "it smells yummy" BN
 "like this one, it smells fruity like sweets" BN
 "Look its a pepper"
 "Mmm, yummy, yummy in my tummy, I love raspberries!" MS
 "Urgh this is really stinky, I dont like it" CN
 Using tools safely to explore od cut.
 We went to our allotment where we planted our vegetables and picked some raspberries. We took them back to class and washed them to try them.
 "Its yummy I like them" AP

We visited Scotswood Community Gardens and learned how to grow our own fruit and vegetables.




We discussed a variety of different exercises and how exercise helps to keep us fit and healthy. We completed our Race for Life and talked about the effect exercise had on our bodies.





We talked about how important looking after our oral health was too!
 We know we have to brush our teeth twice a day!

Looking after our teeth



"We have to brush them on a morning and night" AT.

"So we don't get cavities" CN


Why do we brush our teeth?

"So our teeth don't change colour" TB

"Don't get smelly breath" OC

We talked about how important it was to also look after our teeth. We know that we should brush our teeth twice a day, when we wake up and before we go to bed.

The children demonstrated some excellent brushing skills.



We learned about the people who help us when we don't look after our bodies such a doctor, nurse, dentist etc.



Look at what we now know about keeping our bodies healthy!

