

How do we keep our bodies healthy?



We looked at and tasted different types of fruit and vegetables.



We talked about how to stay safe in the sun.

We reminded ourselves about the importance of washing our hands.



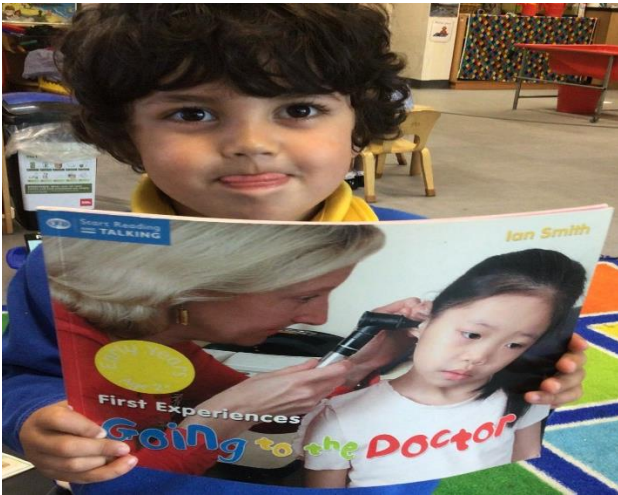
We visited Scotswood gardens and learned how to grow our own fruit and vegetables.



We learned about lots of different exercises and how exercise helps us to stay healthy. We asked an athlete two questions to help us answer the questions How do we keep our bodies healthy? We asked: What do you eat to keep your body healthy? How often do you train to keep your body fit?



We learned about the people who can help us if we are unwell, unsafe or not keeping our bodies healthy.



Finally we decided to develop the gardening skills that we learned on our trip to Scotswood garden and develop our own planting boxes at school. We planted Broad beans, Courgette and Lettuce and watered them regularly to help them grow.

