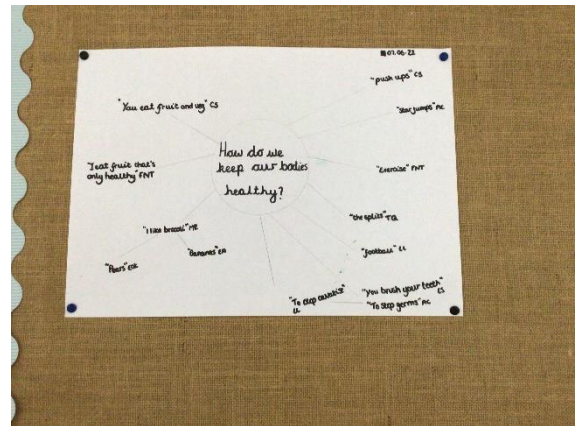
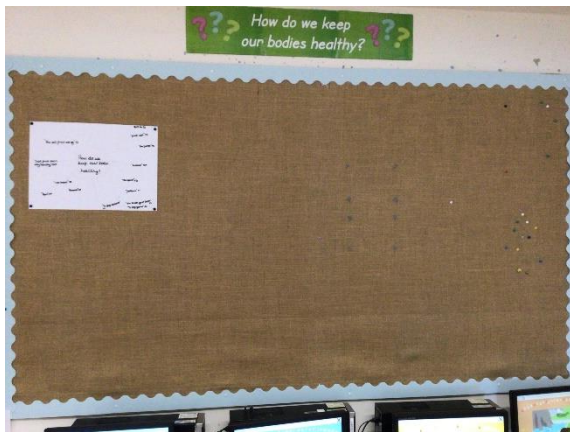




Nursery - Hedgehogs

How do we keep our bodies healthy?

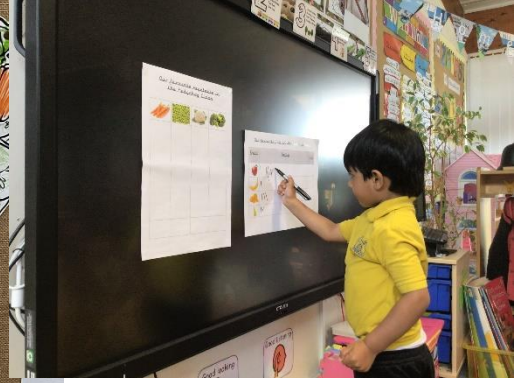
We started by introducing the concept of being 'healthy' to the children. We wanted to find out what everybody already knew.



We discussed how important it was to stay safe in the sun and how we could keep ourselves protected. Some of our ideas included staying in the shade when it gets too hot, drinking lots of water and making sure we wear our sun hats.



We discussed foods that were healthy for us including fruit and vegetables. We know that we must eat at least 5 portions every day!



We sorted into fruit and vegetables and then a variety of food into foods that we should eat lots of (healthy) and foods that we should eat a little bit of (unhealthy).



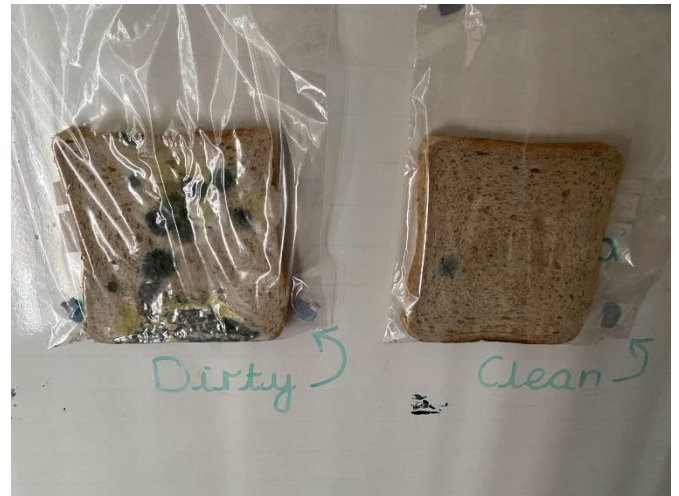
We visited Scotswood Gardens where we learned about some of the foods that we could grow ourselves. We even planted our very own beans.



We talked about the importance of exercise and its contribution to keeping us fit and healthy. We learned about some different forms of exercise and the impact it had on our bodies.

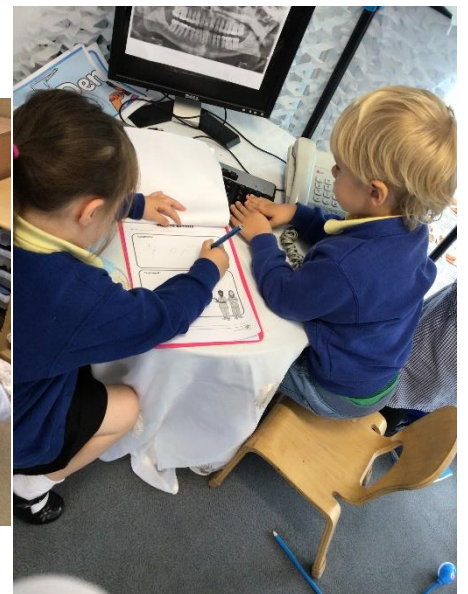


We talked about how important general and oral hygiene was too! We carried out some fun experiments.



We know that we have to brush our teeth at least twice a day. Preferably on a morning and on a night.

We learned about some of the people who help us stay healthy including a doctor, nurse, dentist and even a greengrocer who sells fruit and vegetable.



We loved talking about the jobs so much we had our very own Dental surgery in our classroom.

We now know lots about keeping our bodies healthy and we know why it is so important!

