

# Squirrels EBL Summer 2022

## How do we keep our bodies healthy?

We started off our enquiry based learning by asking the children  
'How do we keep our bodies healthy?'

We explored the question over this term with the children by looking at: our bodies, looking after our teeth, the food we eat, healthy food and drinks, fruit and vegetables,

Here is what we did and what we found out.

First we created a mind map of what the children understood by keeping our bodies healthy.








The children came up with lots of ideas about what they thought they could do.

We made a pictogram and tally chart of our favourite fruit and vegetables.



Our favourite vegetables in the Squirrel Class

Vegetables	Tally	Total
		5
		6
		1
		3
		7

The children practised their cutting skills to cut out pictures of their favourite fruit, we talked about why they liked them and described the colour of the fruit.



We looked at different types of fruit and practised cutting these up to make a fruit salad which we got to eat. We used bananas, pears, apples, grapes and satsumas.



We explored exotic fruit like pineapple and mango in our tuff tray by feeling it and measuring it.



We then got to taste it all at the end of the week!



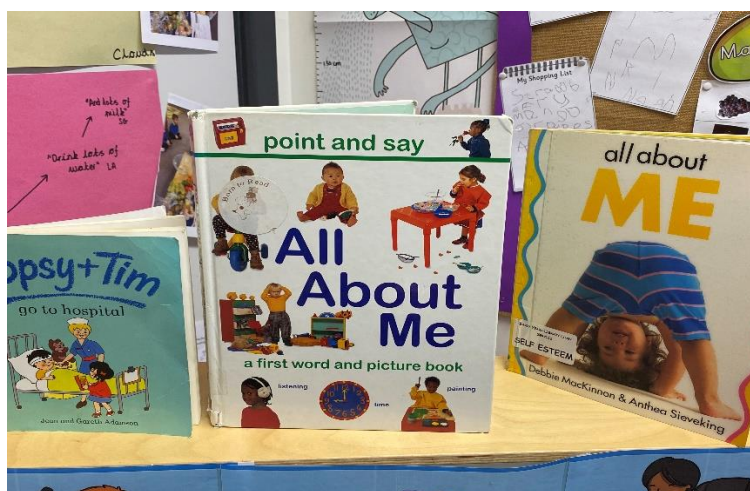
We talked about healthy and unhealthy foods and the children sorted these into two groups. We talked about that we can have a little bit of unhealthy food but shouldn't have lots!



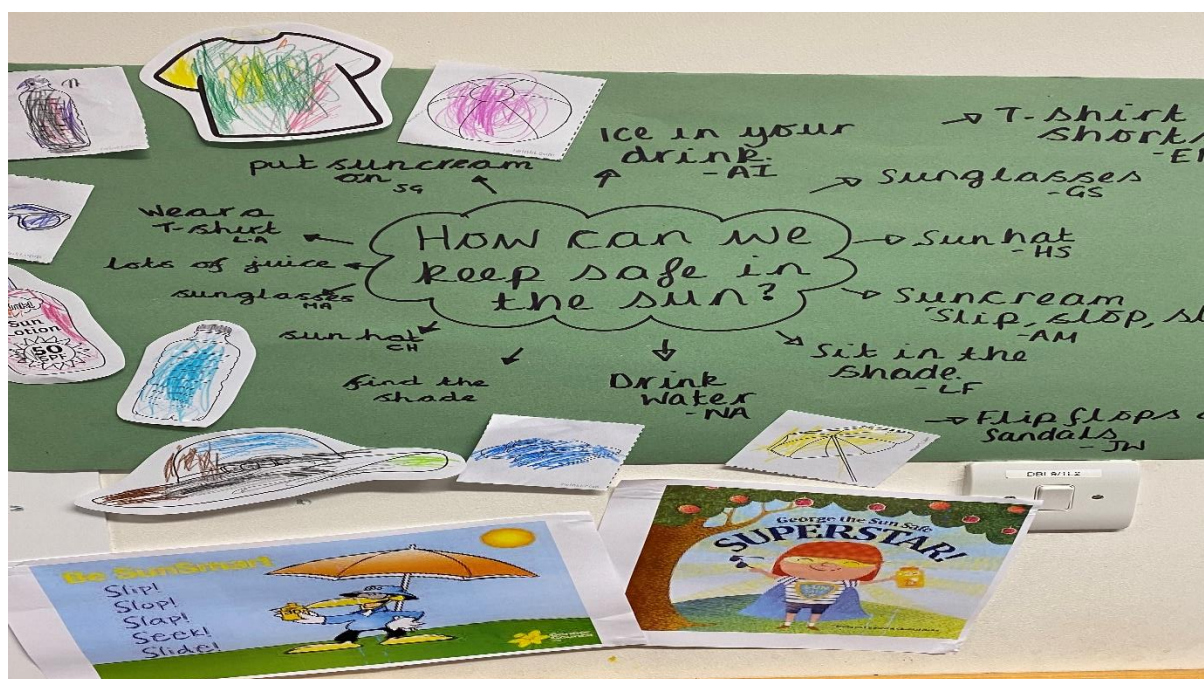
The children enjoyed recreating their ideas of 'healthy plates' in the ICT Suite.



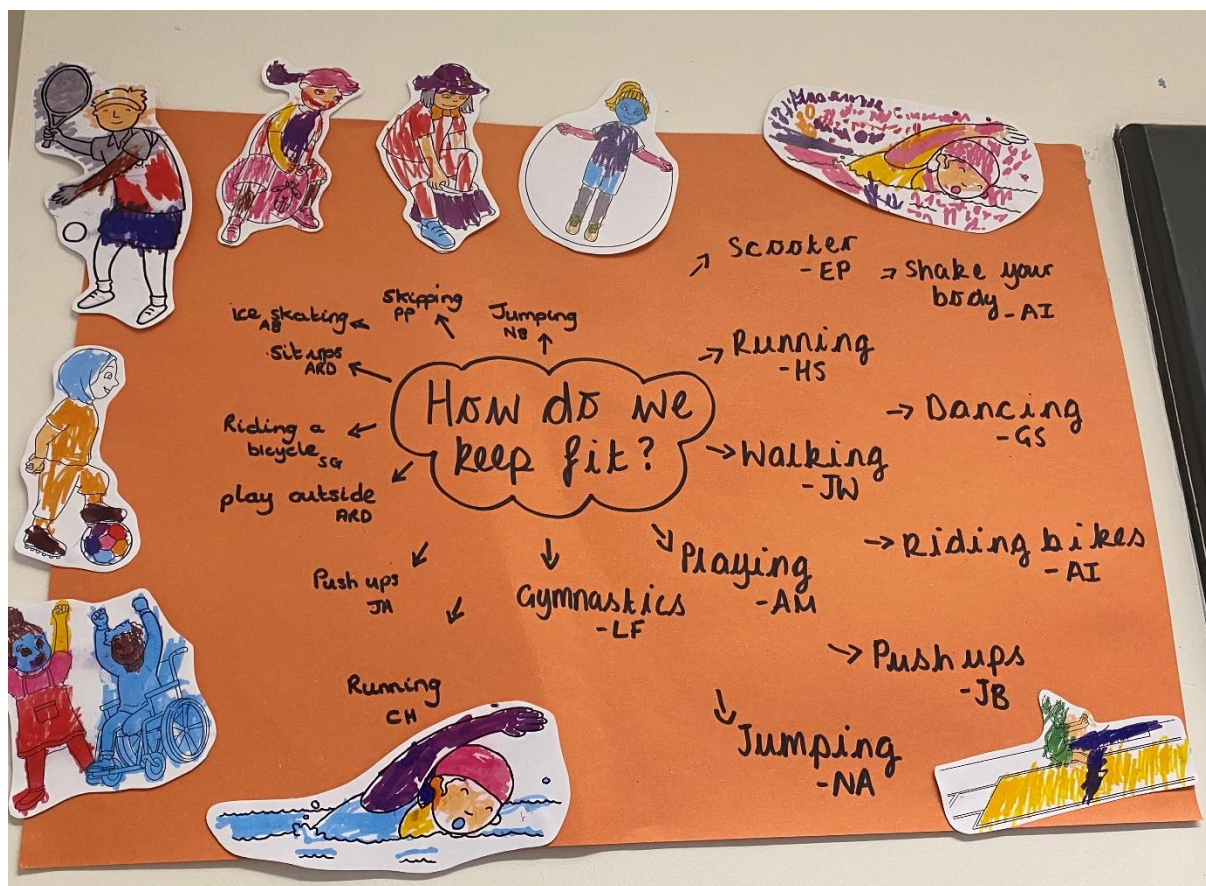
We have been reading lots of fiction and non-fiction books about keeping our bodies healthy, we really enjoyed The Hungry Caterpillar. We explored the food he ate and used different media to re create it.



We have been talking about how to look after ourselves in the sun and the children had lots of ideas using Slip Slap Slop!



We have been practising lots of different skills all year and know that exercise keeps our body healthy.



Here we are enjoying lots of activities at sports day.







We visited Scotswood Gardens where we learned about food and mini beasts, we went to look at food that is grown around the gardens, went on a mini beast hunt and made our own mini beasts from clay.



Our end product:

We set up a doctors surgery in our home corner and the children have enjoyed exploring the area, using bandages, gloves and the outfits for doctors and nurses.

