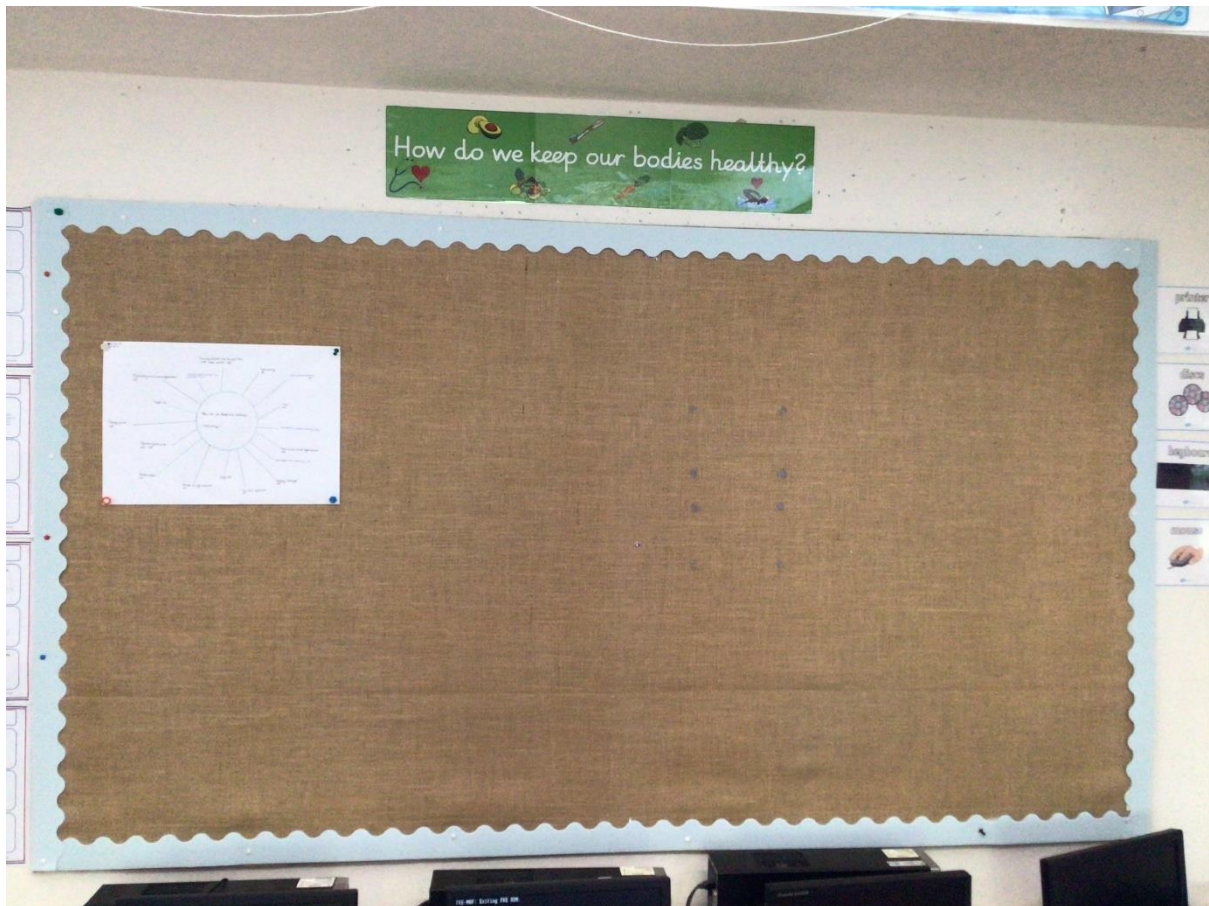


Nursery – Hedgehogs

How do we keep our bodies healthy?



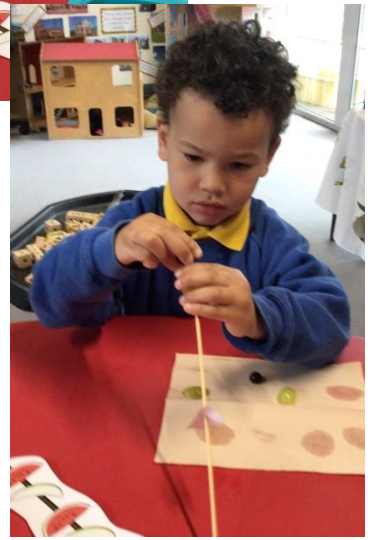
We began our enquiry by introducing the concept of being 'healthy'. We asked some key questions including 'What does it mean to be healthy?', 'How can we stay healthy?' we wanted to find out what everybody already knew.



We explored what it meant to eat healthily and investigated lots of different fruit and vegetables. We read 'Oliver's Fruit Salad' and 'Oliver's Vegetables' and watched a video on the importance of eating lots of fruit and vegetables.



We created some repeated patterns in maths to make some delicious healthy fruit kebabs.





We then read 'The Very Hungry Caterpillar' and discussed the different foods that he ate. We categorised them into 'food that we should eat lots of' and 'little of'. We then used the story to help us learn about the life cycle of a Butterfly. We used pasta to help us remember.

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 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 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 travelled to Hodgkin Park for our Sports Day. We had lots of fun. It is very important that we also stay hydrated and drink lots of water.



