

# How Do We Keep Our Bodies Healthy?

Children were introduced to the EBL question 'How do we Keep our Bodies Healthy?' children shared ideas such as eating healthy foods such as fruit and vegetables, exercise, sleep and brushing teeth.

Children drew their own healthy food as well as carefully colouring in some healthy foods. They did a fantastic job.



Children designed their own fruit kebabs. They used their maths skills and created a repeated pattern with the fruit.





Following our discussion on how we keep our bodies healthy, children became dentists and cleaned the teeth. They were able to talk about how and when we clean our teeth.



Children designed their own toothbrushes and spoke about the importance of brushing their teeth.

Children played with the playdough in the malleable area. The playdough was different colours to represent different fruits and vegetables. Children used the playdough to make a healthy plate of fruits and vegetables. They made strawberries, carrots, grapes, blueberries and bananas.





Since the weather has been sunny and hot children have learnt the importance of sun cream and wearing a hat in the summer. Children now know how this can keep our bodies healthy.

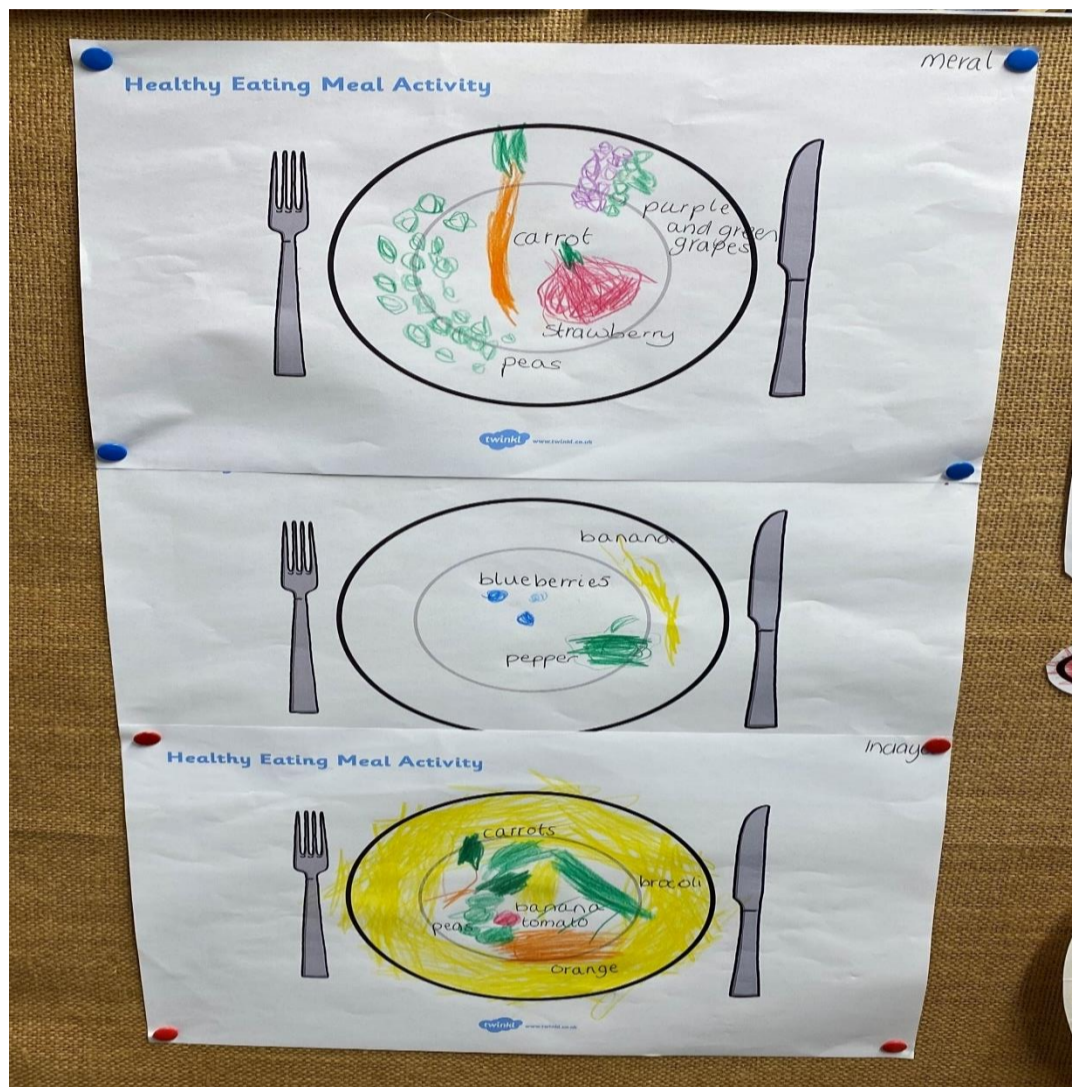


Children took part in Sports Day and different exercises. Children were able to say experience how the activities were keeping their bodies healthy by moving around, and making their bodies strong.



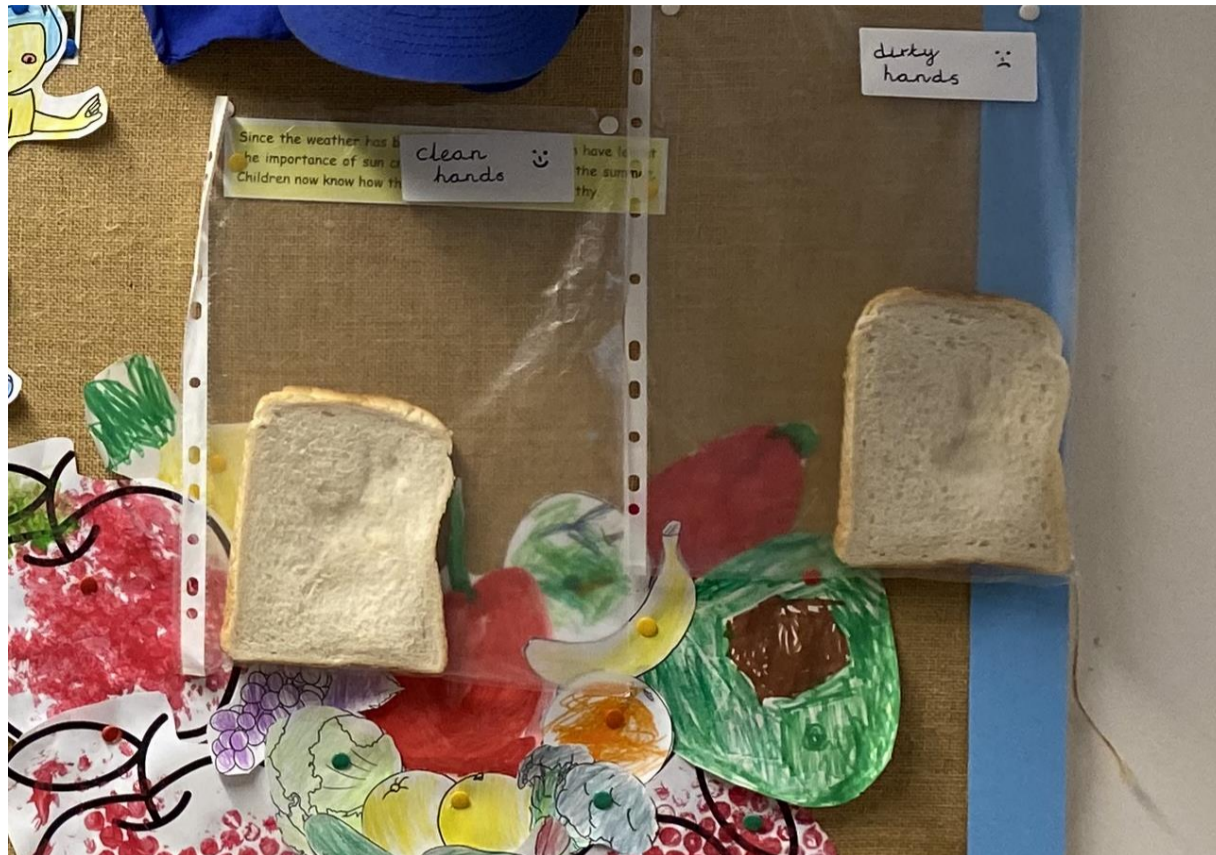


Children created their own healthy plates, they shared ideas on healthy foods and then drew the fruits or vegetables onto the plate.



After discussions around healthy and unhealthy foods children were able to sort food into the correct category and able to say some foods have too much sugar and that is why it is unhealthy.





We did an experiment based on the importance of washing hands. One child washed their hands for 20 seconds with soap, another child wiped their hands on the floor and surfaces, they then pressed their hands onto the bread. Children saw the dirt transfer onto the bread. Over the next few days children will also see how the germs can build up and cause mould.



Our final EBL display.