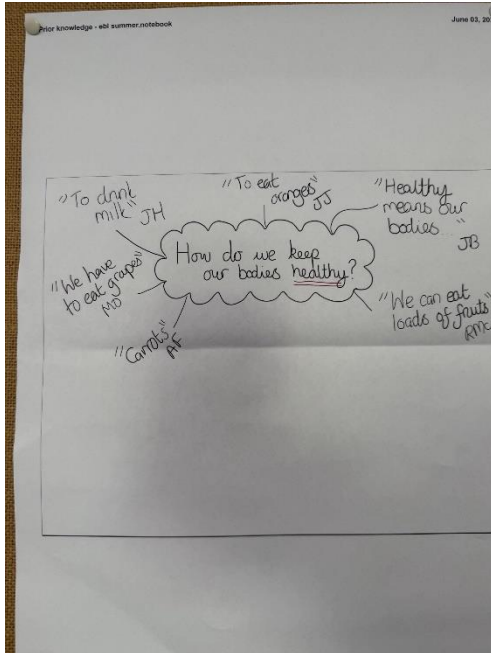


# Nursery – Hedgehogs

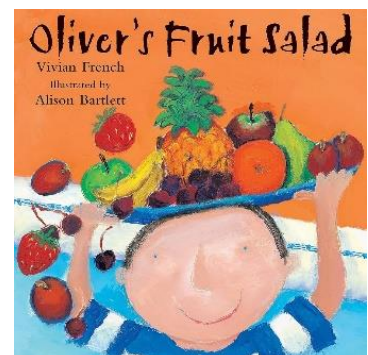
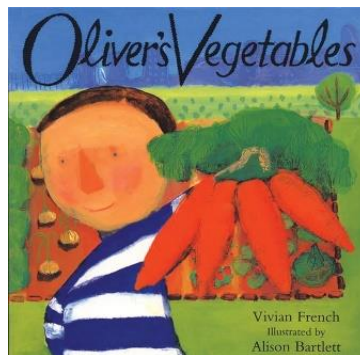
## How do we keep our bodies healthy?



To introduce our new enquiry question we wanted to find out what prior knowledge our children already had.

Once we established what we already knew we began by exploring and investigating healthy eating. We read 'Oliver's Fruit Salad' and 'Oliver's Vegetables'.

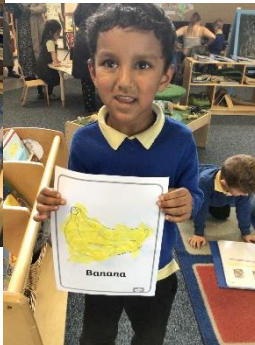
We used our senses to explore a variety of different fruit and vegetables that we might not see every day.



We used our senses to explore a variety of different fruit and vegetables that we might not see every day.



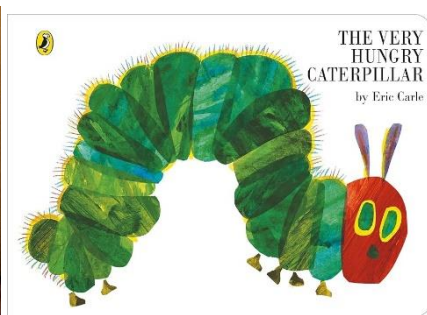
We retold the story of Oliver, had 'healthy' picnics and designed our own healthy snacks. We demonstrated some excellent control and cutting skills ensuring we have balanced plates.



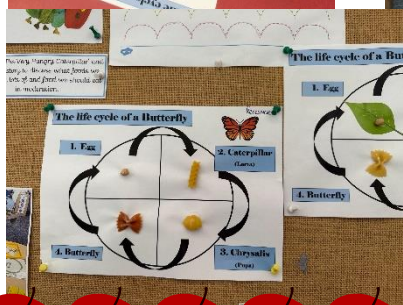
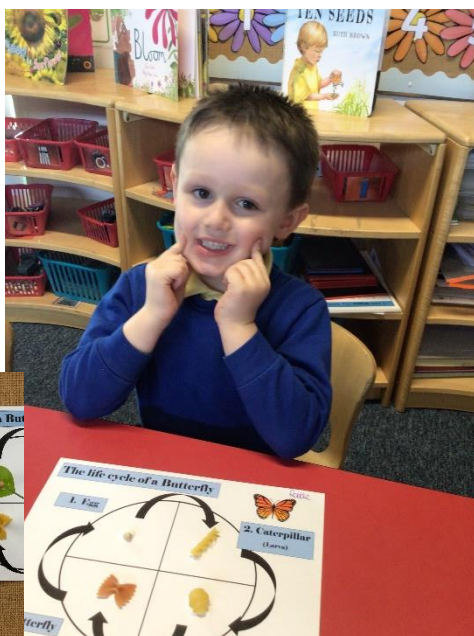
We were learning about and creating repeating patterns in mathematics. We decided to make some healthy fruit kebabs with a repeating pattern.



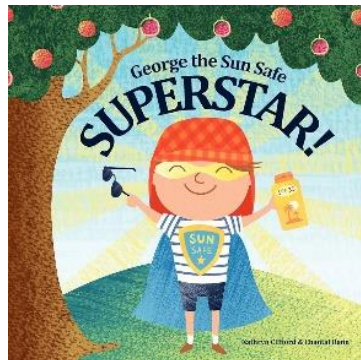
We went on to read 'The Very Hungry Caterpillar'. We talked about all of the foods the caterpillar ate and put them into categories of what we should eat every day and what we should eat in moderation.



We also used this opportunity to learn about the lifecycle of a butterfly. We used pasta to help us explain the life cycle.



Since it is summer, we talked about how to keep our bodies healthy in the sun. We need to wear sun cream, sun hats and drink lots of water. In school, we wear our sunhats that protect our neck, head, ears and eyes.



We then had a fantastic sports day. This was a great opportunity to discuss and talk about the importance of exercise and keeping fit.

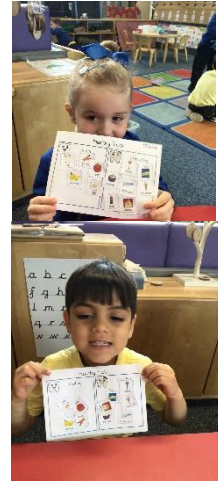
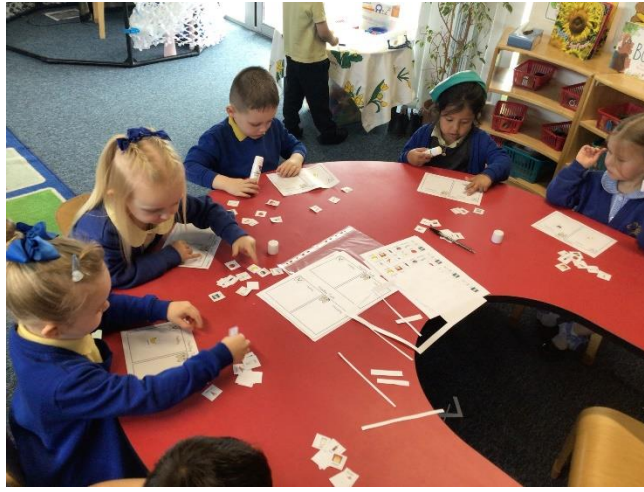


We explored different sports equipment and discussed different sports available to us.



We had two wonderful workshops delivered by Healthworks to support our enquiry. The first focused on oral hygiene and hand washing.





Following our workshop, we continued with oral hygiene. We learned how important it was to brush our teeth twice a day and what foods and drink made our teeth happy and sad.



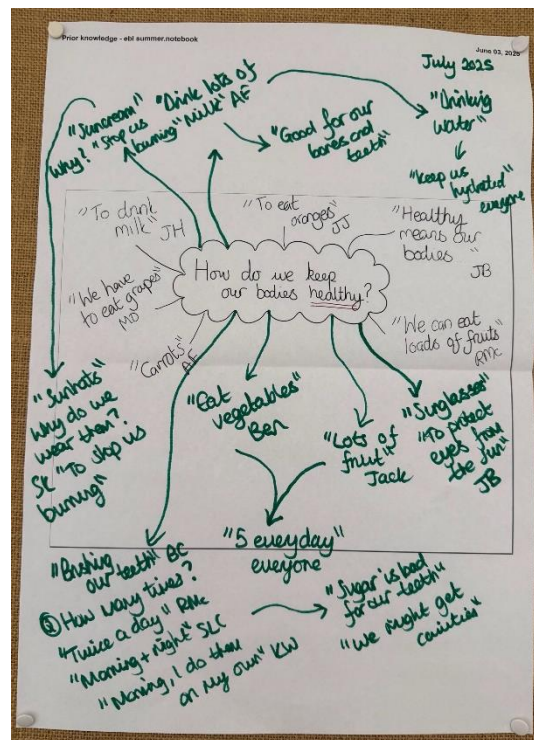
Snappy the crocodile came back to visit to make sure we did not break our promise to look after our teeth as best we could.



During our second workshop, we revisited the story of the hungry caterpillar and made delicious fruit salads.



Look at what we now know...



Look at our incredible display...

