

Squirrels EBL

Summer 2025

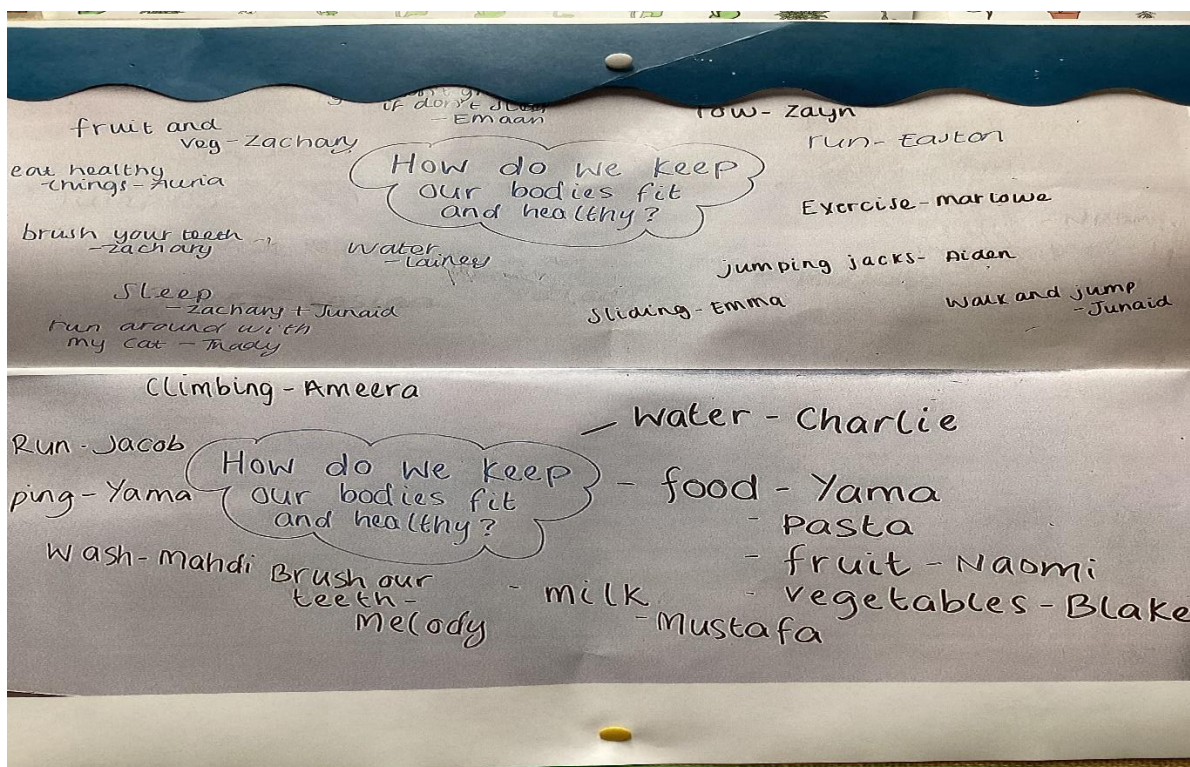
How do we keep our bodies healthy?

We started off our enquiry based learning by asking the children

‘How do we keep our bodies healthy?’

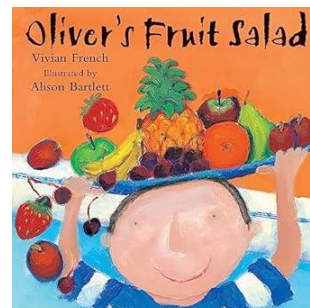
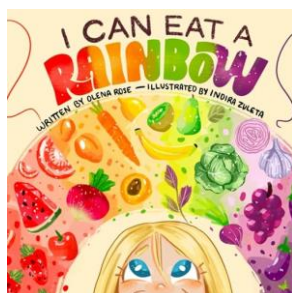
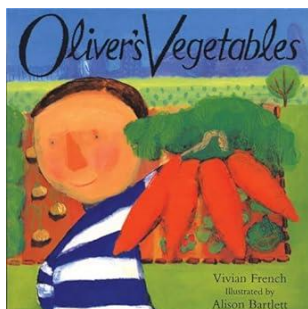
We explored the question over this term with the children by looking at: our bodies, looking after our teeth, the food we eat, healthy food and drinks, fruit and vegetables.

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

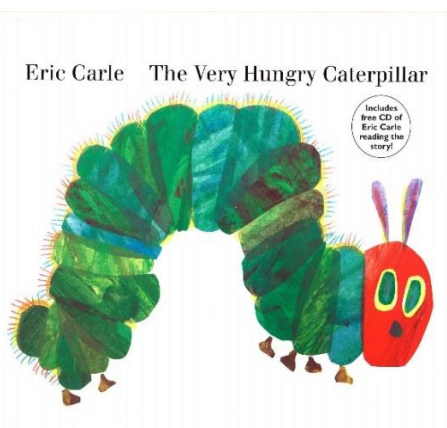


The children came up with lots of ideas about what they thought they could do.

We started talking about healthy food and we read some stories to help us understand what some healthy foods could be.



We really enjoyed the story of The Very Hungry Caterpillar. We talked about and explored all the delicious foods he got to try during the week.



Healthworks came in to see us and talked to us about the story of Handas Surprise.



We looked at different types of fruit and practised cutting these up using safety knives to make a fruit salad which we got to eat!

We talked about healthy and unhealthy foods and the children sorted these into two groups. The children were able to talk about their favourite foods and could say if they were healthy or unhealthy.



We talked about that we can have a little bit of unhealthy food but shouldn't have lots!

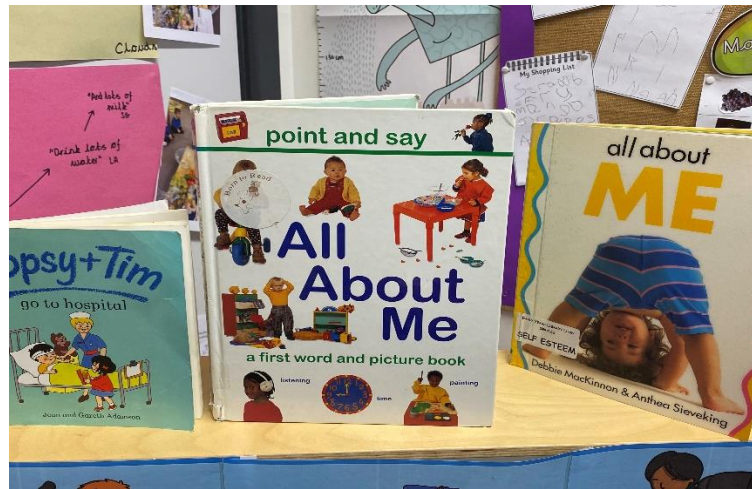


The children enjoyed recreating their ideas of 'healthy plates' in the ICT Suite



Next we moved onto our bodies!

We read fiction and non fiction books to help us understand how we can look after our bodies.



Healthworks visited us again and this time they helped us understand how to wash our hands properly and about brushing our teeth.

We sang songs about handwashing and brushing our teeth to help us remember what to do and know we have to brush our teeth twice a day!



They brought a special UV machine which meant we could see where we hadn't washed our hands properly and a giant set of teeth to practice our brushing skills!



We talked about different exercises we can do and things we enjoy.



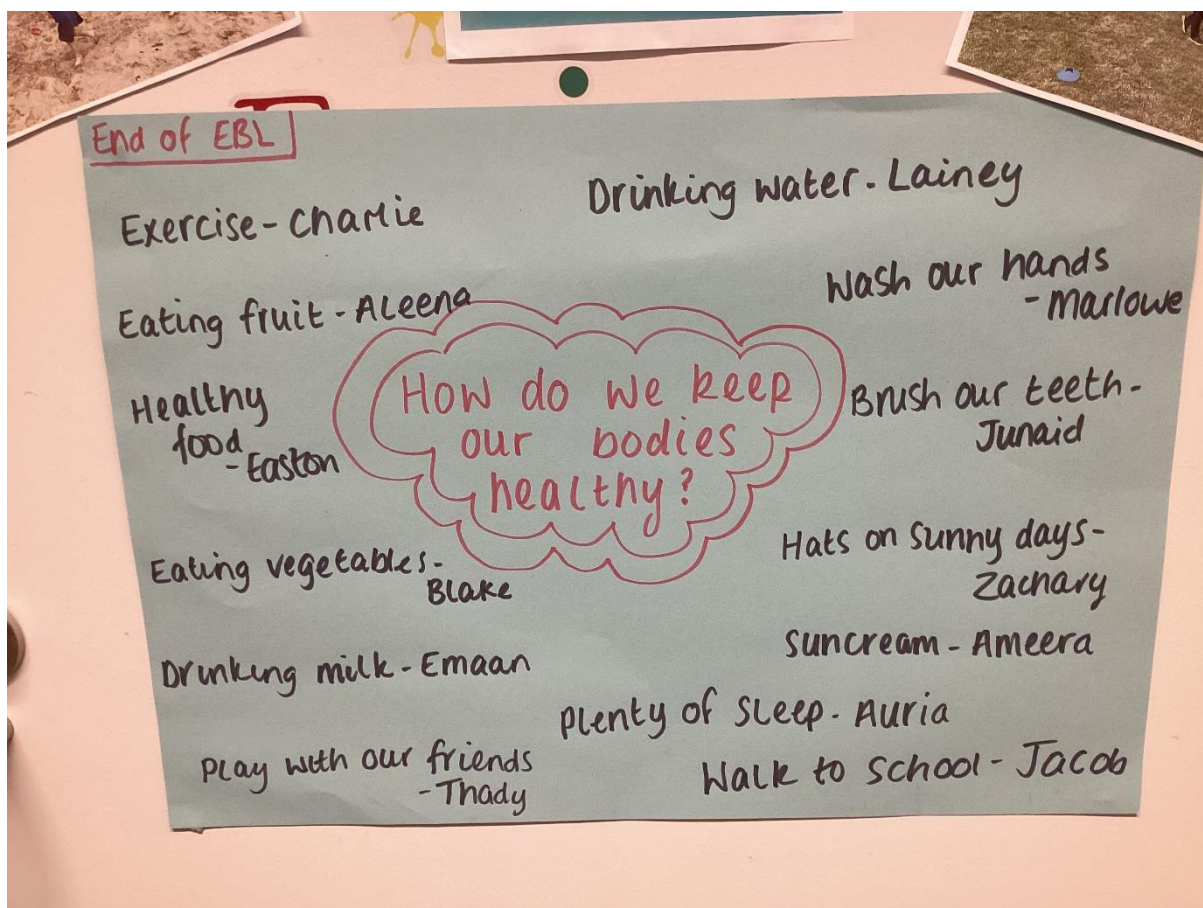
We have been practising lots of different skills all year and know that exercise keeps our body healthy.

We know that exercise.....
... makes us hot
... makes us thirsty
... makes us tired
... makes us need a rest
... is good for our bodies!
We love doing exercise!

We love to travel and move in different ways outside, in the gym and in the classroom.



In our final week, we asked the question again and the children could share their answers and give more detailed responses.



Our end product:

