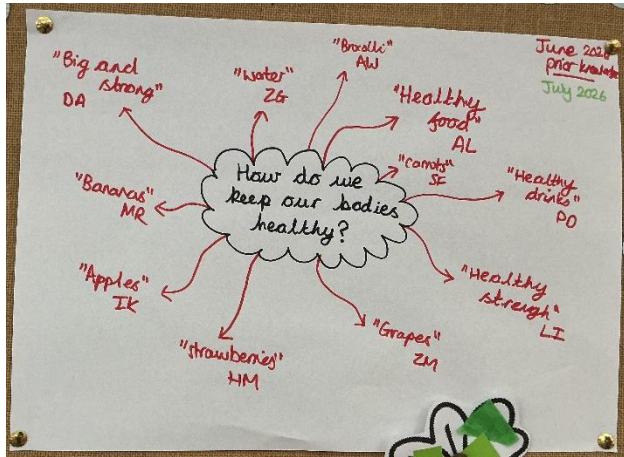


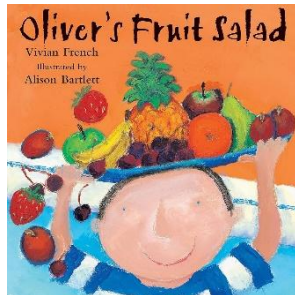
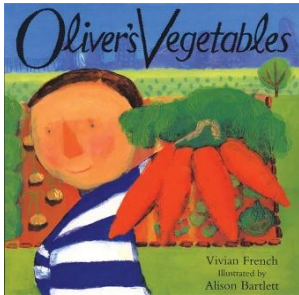
Nursery – Hedgehogs

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.

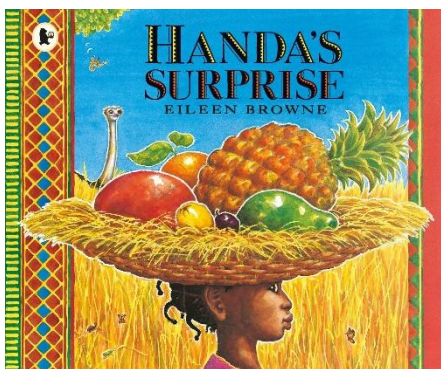
Once we established what we already knew we began by exploring and investigating healthy eating. We read 'Oliver's Fruit Salad' and 'Oliver's Vegetables'.



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



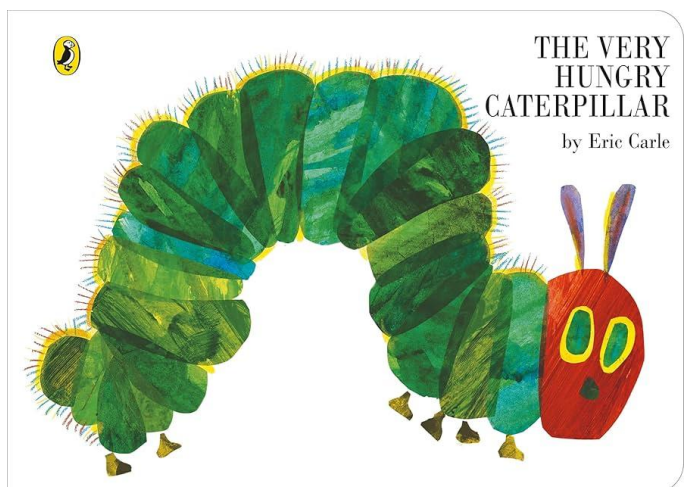
We retold the story of Oliver, had 'healthy' picnics and designed our own healthy snacks. We demonstrated some excellent control and cutting skills ensuring we have balanced plates.



We have also read the story of 'Handa's Surprise' and we had a wonderful session delivered by Healthworks. We made delicious fruit salads.



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 the story to help support our learning around the life cycle of a butterfly.

We sang songs and used different pasta to represent the different stages of the life cycle.

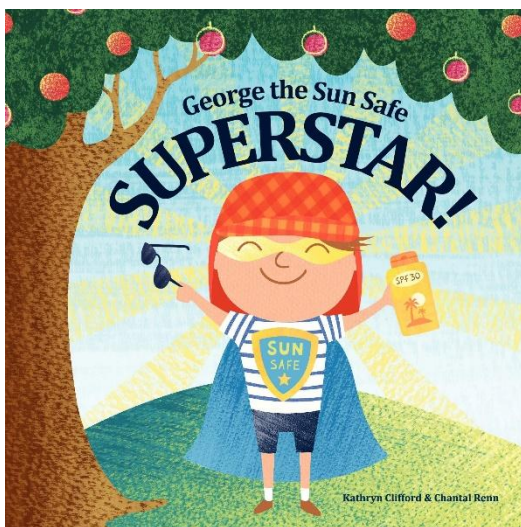


We have had some really hot weather recently and during a heatwave it got us talking about how we can keep our bodies healthy in the sun.

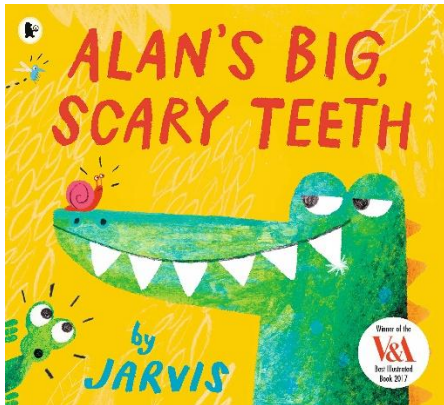
We need to wear sun cream, sun hats and drink lots of water. In school, we wear our sunhats that protect our neck, head, ears and eyes.



We watched the story of 'George the Sun Safe Superstar'.



We then read the story of 'Alan's Big Scary Teeth' as we introduced oral hygiene. We discussed how important it was to look after our teeth and practised our tooth brushing skills.



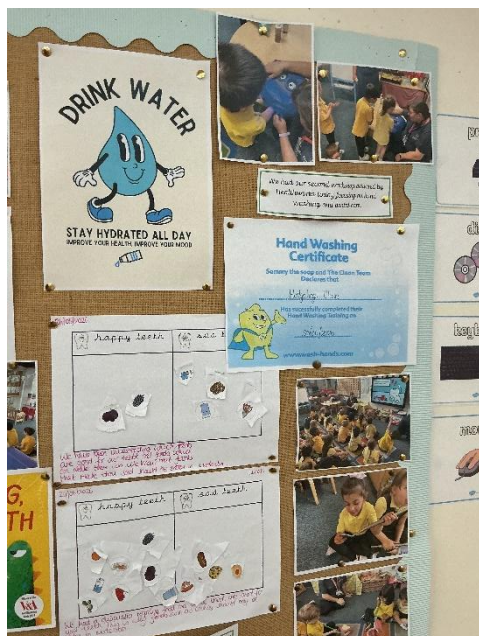
We practiced our brushing skills on dinosaurs too! We used toothbrushes and shaving foam.



Our teachers set up a dental surgery role play area.



We focused on the role of a dentist and read a variety of fiction and non-fiction texts.

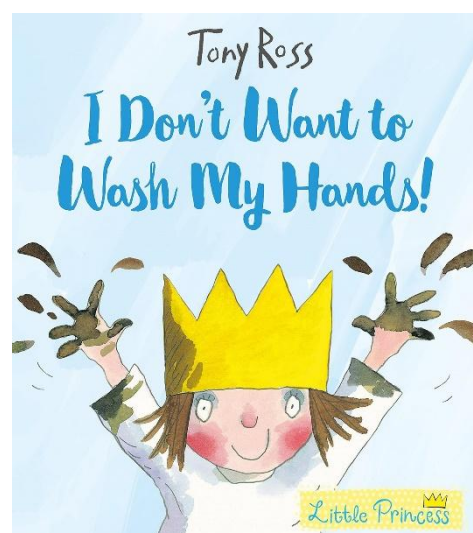


Healthworks came back to deliver another session for us, this time around oral hygiene and hand washing.



We talked about hand washing and why it was important. We read the story 'I Don't Want to Wash my Hands'

We used a special device to check our hand washing skills.



We received a special certificate to certify our hand washing workshop. We impressed our visitors with our hand washing song and how well we can wash our hands to keep those nasty germs away.

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 completed each activity very well and we made our grown ups so proud. We demonstrated excellent perseverance.

Look at what we now know...



Look at our incredible display with all of our learning...

