

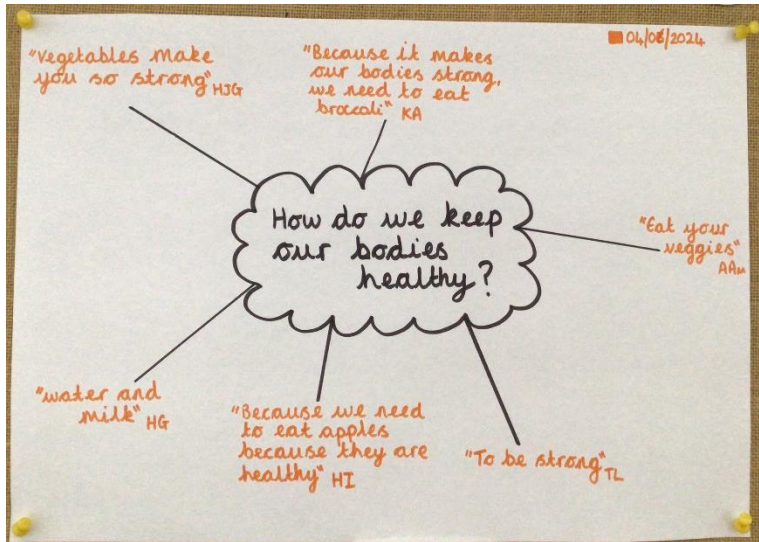


# Nursery – Hedgehogs



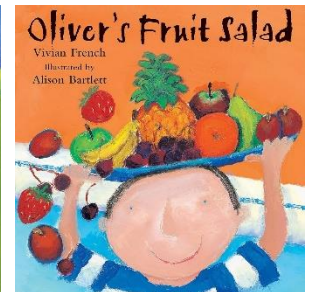
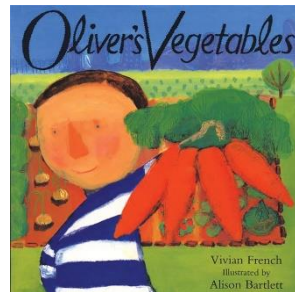
## 'How do we keep our bodies healthy?'

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'.

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



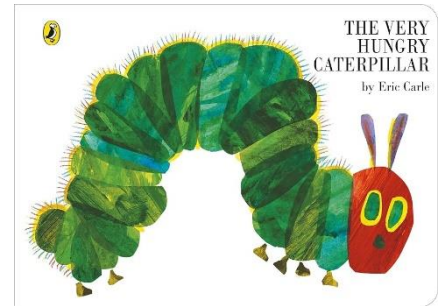
We retold the story of Oliver, had 'healthy' picnics and designed our own healthy snacks. We demonstrated some excellent control and cutting skills!



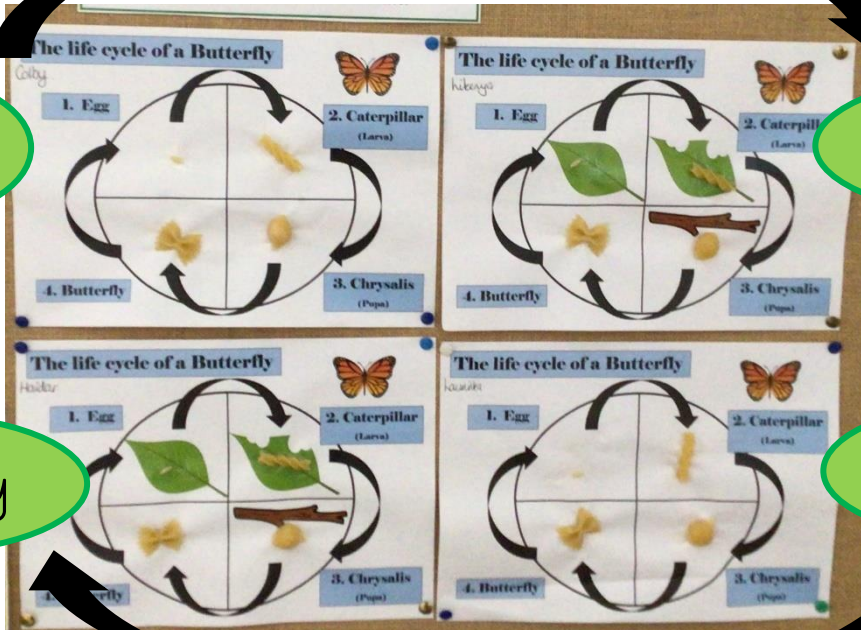
We were learning about and creating repeating patterns in mathematics. We decided to make some healthy fruit kebabs with a repeating pattern.



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.

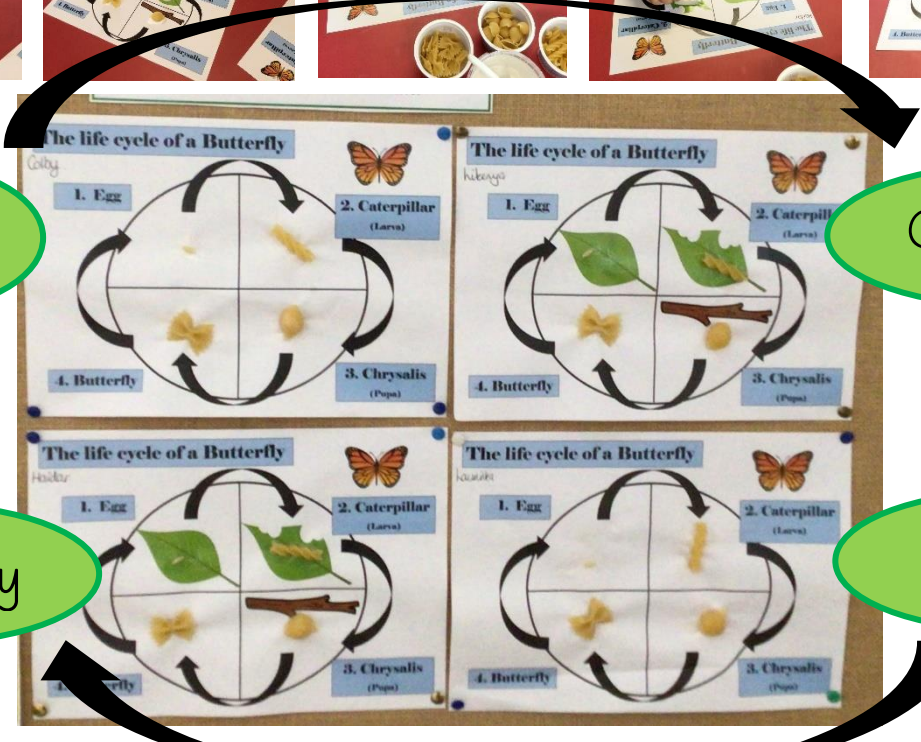


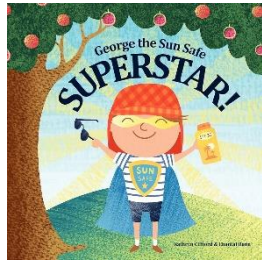
Egg

Caterpillar

Butterfly

Cocoon





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.

We had a special visit from Healthworks and we talked about the importance of handwashing and eating healthy.



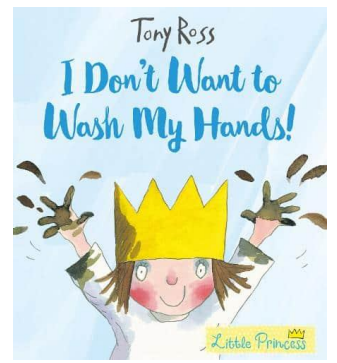
Healthworks also held a workshop on cleaning our teeth/dental hygiene. We practised our brushing technique and learned that we should brush them for at least 2 minutes morning and night.



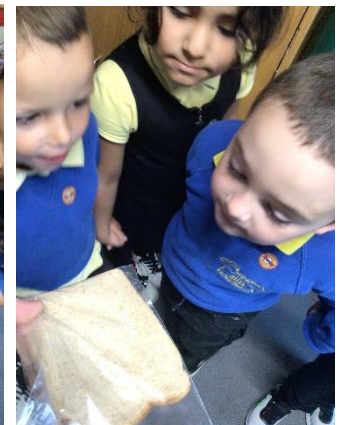
We talked about things that were good for our teeth and not so good for our teeth. We used our amazing cutting skills to cut out pictures. We stuck them on what makes teeth happy and sad.



We carried out some experiments to support our importance of handwashing and read the story 'I Don't Want To Wash My Hands' by Tony Ross.



We have been closely monitoring our bread and have discovered the dirty hands is becoming mouldy.



We conducted another experiment to discover how important the use of soap was when washing our hands.

We put pepper in the water and pretended that it was germs. One child put their finger in without soap and one with soap. The one with soap made the germs move away.



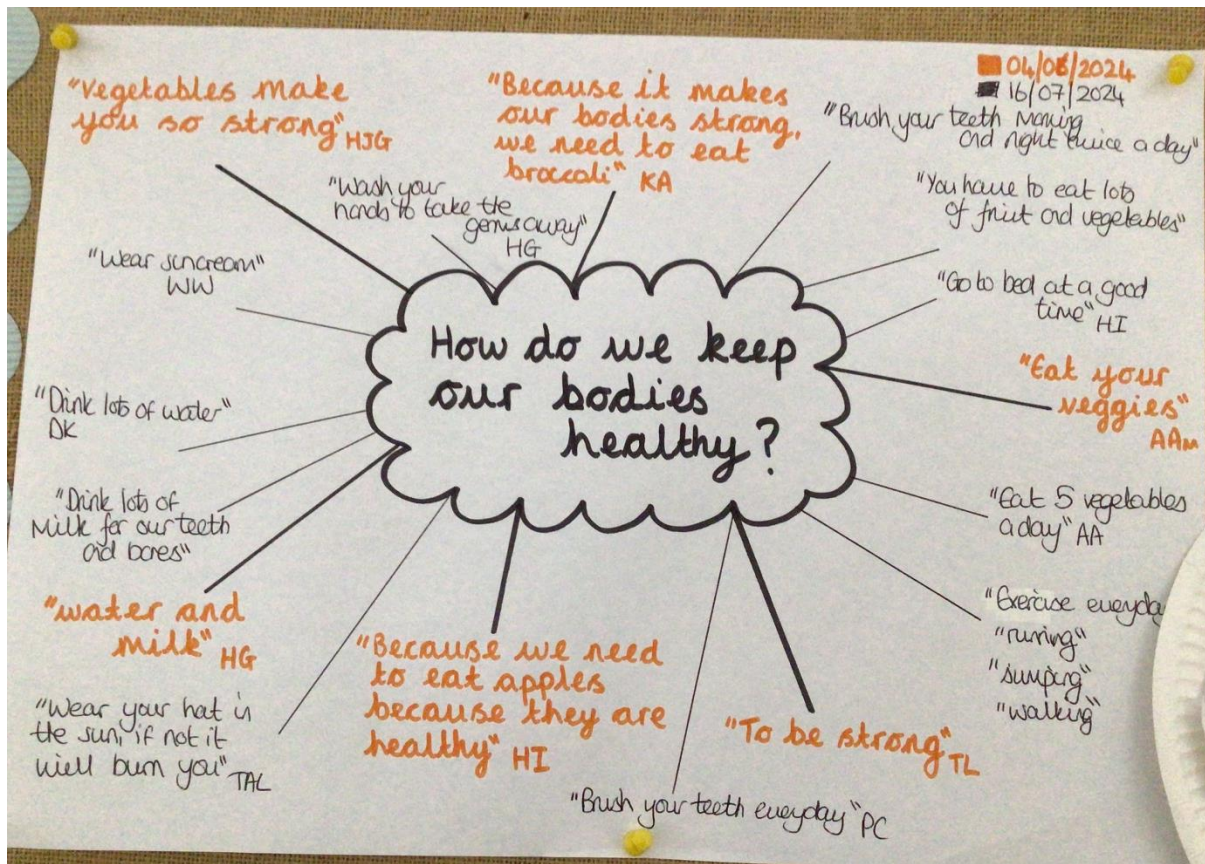
We looked at exercise and discussed how important it is for our health and looking after our bodies. We explored equipment from different sports and talked about them.



We watched different sporting events on the interactive board and practised some of our own during our PE lessons. We felt our heartbeats before and afterwards to compare. Our heartbeats were much faster after exercise.



Look at what we now know...



Our final product...our wonderful display

