

Squirrels EBL

Summer 2024

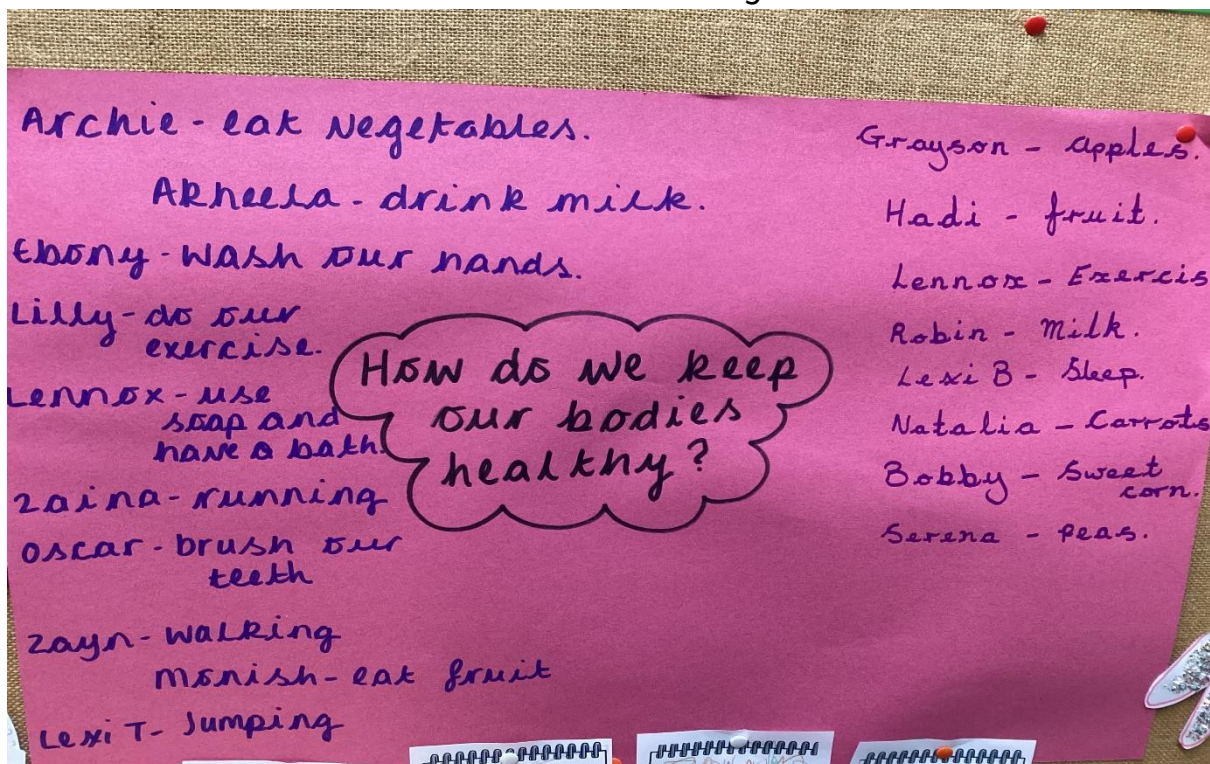
How do we keep our bodies healthy?

We started off our enquiry based learning by asking the children

‘How do we keep our bodies healthy?’

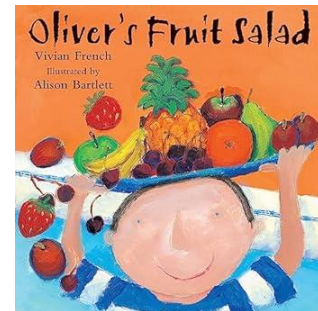
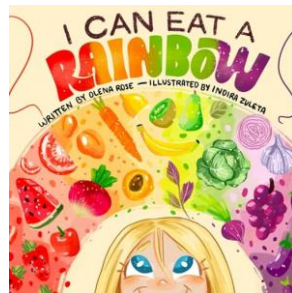
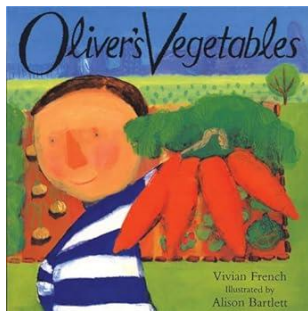
We explored the question over this term with the children by looking at: our bodies, looking after our teeth, the food we eat, healthy food and drinks, fruit and vegetables,

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

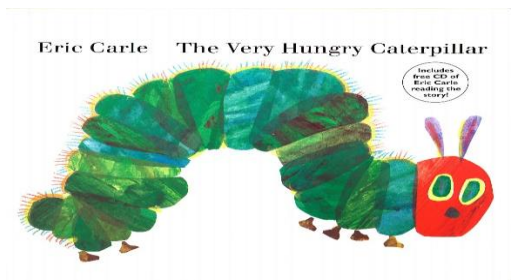


The children came up with lots of ideas about what they thought they could do.

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 all the delicious foods he got to try during the week and some of the children carefully used their skills to colour in the food.



The children practised their cutting skills using scissors to cut out pictures of their favourite fruit, we talked about why they liked them and described the fruit.



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

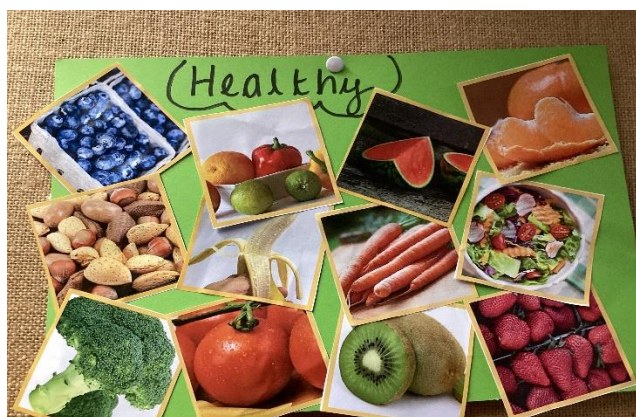
Handas Surprise.



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



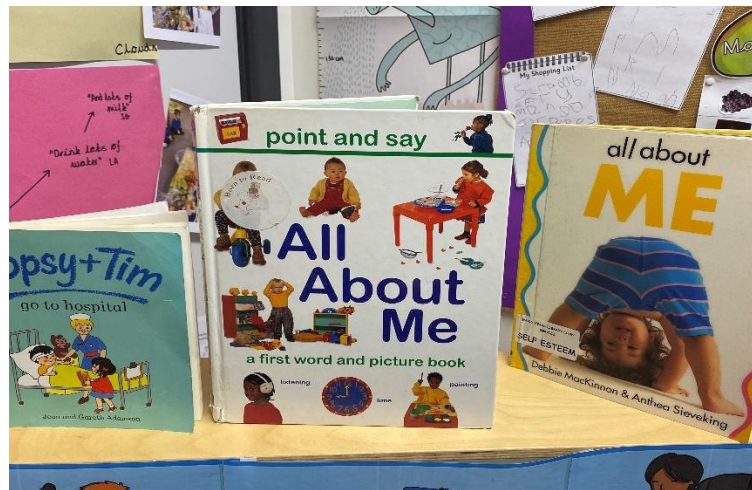


The children enjoy using the home corner and the mud kitchen to make some delicious food!



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

Next we moved onto our bodies!



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

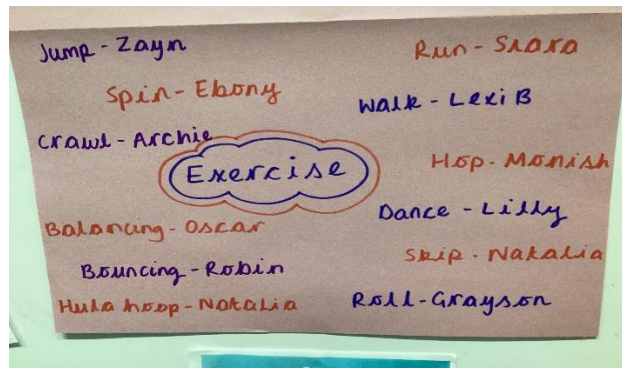
We sang some songs about handwashing and brushing our teeth to help us remember what to do.



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.



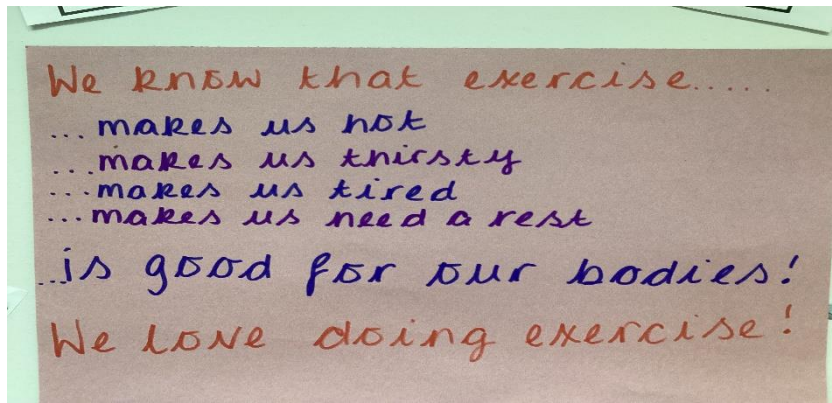
We have been practising lots of different skills all year and know that exercise keeps our body healthy.



We love to travel and move in different ways.



We know why we should exercise too!



Our end product:



