

Wednesday 11th May 2016

Healthy Harold

Healthy Harold came in and we were all excited to hear what he was going to tell us. There were lots of questions about what type of animal healthy Harold is- some of our friends even thought it was a real giraffe. Hayley, his friend, helped him as she discussed some very interesting topics with us. Firstly, we talked about what healthy and sometimes foods were and how we feel when we eat too many unhealthy foods. Hayley told us we can eat them but not every day. Hayley showed us a model of a mouth; we took turns cleaning the teeth up and down and in circles. This led to us talking about our big teeth and caring for them. She talked about eating food for energy when we exercise. Hayley also showed us a Carpet Child and it was our job to place the heart, lungs, stomach and brain in their correct position as we discussed the importance of each organ. We talked about the sequence of events when we have a bath; we played a game and looked at objects that are useful when we shower.



