

Thursday 18<sup>th</sup> June 2020

We are in the last fortnight of school term before the summer holidays, we would usually be learning about being healthy and keeping fit to match the school's health and fitness fortnight. We thought we could look at doing some activities around this theme.

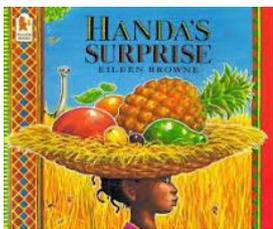


"Healthy Harry" loves it when we stay fit and healthy.

Being fit and healthy is not just about exercise, it is very important that we give our bodies yummy healthy food to help us grow and learn.

In nursery we spend lots of time chatting about what makes us healthy or unhealthy and amounts of different foods we should try to eat.

We encourage our children to be involved in every aspect of food preparation and they all really enjoy the opportunity to help the ladies in nursery prepare snack.



Click on the following link to the story about different fruits "Handa's Surprise" written by Eileen Browne

<https://youtu.be/ocnRQisgnK8>

We thought you might all enjoy the opportunity to make  
**Rainbow Fruit Skewers.**



rainbow fruit skewers.

You will need:

- Cocktail sticks or skewers
- Different coloured fruits
- A knife to cut the fruits



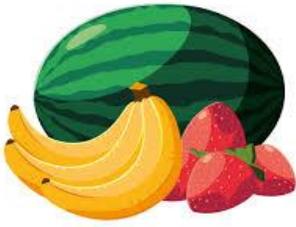
Method

1. Wash your hands (remember to sing happy birthday 3 times)
2. Carefully cut different fruit into bite sized pieces
3. Push the fruit pieces onto the cocktail sticks or skewers carefully (watching your fingers) Remembering to make a colourful rainbow pattern
4. Sit down comfy and enjoy!

Some songs to sing with Everyone!

## Strawberries, bananas and watermelon

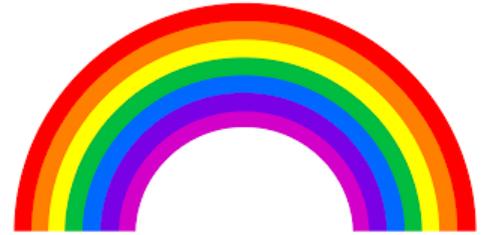
(Sing to the tune "twinkle twinkle little star")



Strawberries, bananas, watermelon too  
Good for me and good for you!  
They are tasty, they are sweet.  
All are such a yummy treat  
Strawberries, bananas, watermelon too  
Good for me and good for you!

## Rainbow Fruit Song

Red, and yellow and pink and green  
Purple and orange and blue



Now I can sing a rainbow, sing a rainbow,  
Sing a rainbow too.

Listen with your eyes, listen with your eyes  
And sing everything you see.

Now you can sing a rainbow, sing a rainbow,  
Sing a rainbow with me!