

We are talking about keeping ourselves healthy.

It is important to keep fit and exercise but it is also important to fill our bodies with yummy nutritious foods so we can grow and learn.

Rainbow Fruit Skewers

You will need:

- Cocktail stick or skewer
- Different coloured fruits
- A knife to cut the fruits
- An empty tummy

Method:

1. Wash your hands
2. Carefully cut different fruits into bite-sized pieces.
3. Push them onto your skewer to make a rainbow or colourful fruit pattern.
4. Eat and enjoy!



The Healthy Eating Song

<https://www.youtube.com/watch?v=-JldSBUQB34>

Healthy or Unhealthy?

On the sheet below, there are many different foods. Chat with an adult about whether you think these foods are healthy or unhealthy for our bodies.

We often do this at nursery as we make snack, bake and taste foods from around the world.