

Keeping healthy

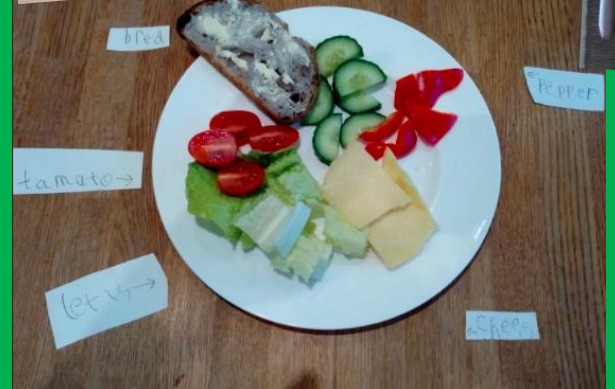
Reception have been thinking about how to keep themselves healthy this week. We have learnt about exercise, food and sleep all helping to keep our bodies and minds healthy and strong!



We really enjoyed learning about healthy food and the importance of a balanced. Look at the healthy meals we designed and prepared.

We learnt about keeping our teeth healthy and made some great instructions on how to effectively brush our teeth twice a day!

Williams LUNCH menu
Water
Sushi
Carrasoup
graps
Cookie
Ndy Bread
anaChere



We joined in with a whole school cook-along! Some of us tried foods we haven't had before. It was delicious!

