

# Healthy body

## Nursery Health & Hygiene week

## Healthy food



November 2017



## Stay healthy inside

Our school nurse Claudine explains why it is so important to take care of our body. Why we need to eat healthy and how we need to take care of ourselves. By good hygiene and exercise.

Eat fruits and vegetables

When I cut food, I'm very concentrated so I don't hurt myself with the knife.





The snake

The swan

The butterfly

## animal yoga

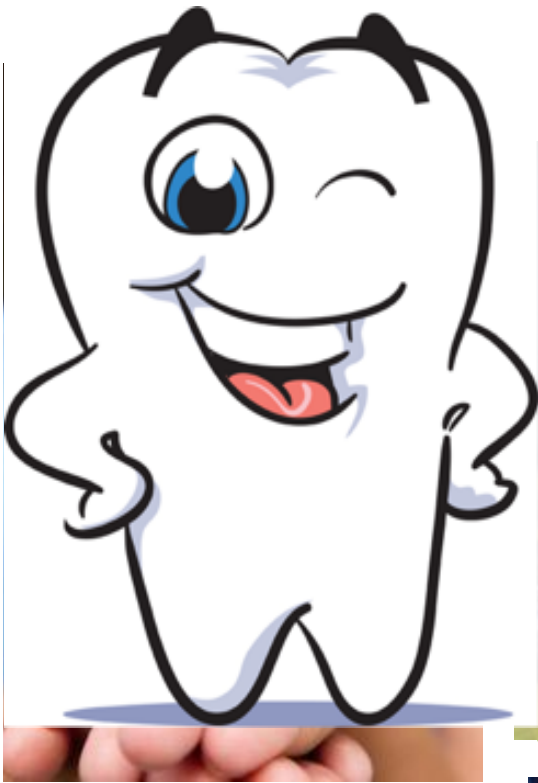
We are trying to set the animals free by acting like them. If we do it right, the animals are free. It takes concentration and body-control but everybody did very well and the butterfly,

the snake and the swan are **FREE !!!!**

We can learn a lot from documentary books about the body

We can't stop reading !





## What about our teeth?

We learn how to keep our teeth healthy and clean. We know that sugar can make bacteria grow in our mouth, because they like sugar.

