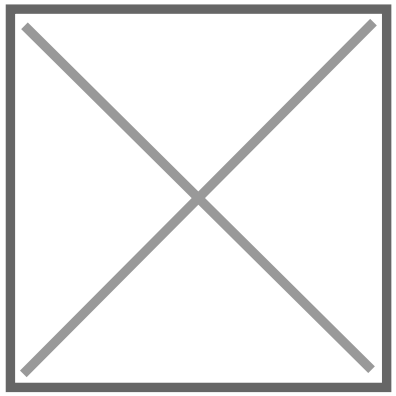


Healthy Bodies

This workshop is a fun and interactive exploration of how to stay healthy and importance of looking after our bodies.

Full 60 minute workshop coming soon!

Our current 30 minute Healthy Bodies workshop is a fun and interactive exploration of how to stay healthy and the importance of looking after our bodies – delving into the different food groups foods and establishing core learning about the functions of our organs, digestive system and bones.

This complementary workshop expands our Circulation and Heart Dissection, Digestion, Teeth or Skeletons sessions to develop children's learning of the human body even further.

Pupils will investigate:

- **The body as separate but linked systems – bony bits, digestion, circulation**
- **The structure, purpose and care of our teeth**

- Our heart as a vital organ that circulates energy from food and the air we breathe
- Our skeleton that supports our bodies and protects our organs
- Food groups and how to make healthy choices about what we eat and drink
- How we exercise, our pulse and heart rate

WORKSHOP DURATION

30m

YEAR(S)

KS1
KS2

MAX GROUP SIZE

32





