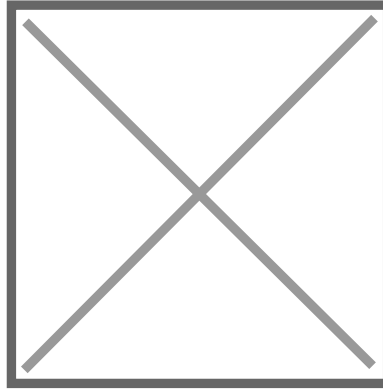




Healthy Bodies

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.

This 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 discovering the impact of these foods in our diet – particularly sugar, have on us.

Our current 30 minute Healthy Bodies workshop is built around children exploring how to keep their bodies healthy – pulling together core learning about the functions of the Heart, Teeth, Digestive System and Skeleton.

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

Pupils will investigate:

- The body as two separate but linked systems – Bony Bits, Digestion and 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
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- 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

