



*Teddy Bear's  
Picnic*

During our topic of 'All About Me', we have been learning about healthy food choices in F2, and which foods help us to stay fit and strong and which foods should just be treats.

We decided that we would make sandwiches and have a Teddy Bear's Picnic...



We talked about what we like in our sandwiches and whether our choices were healthy or unhealthy...

Noah : Jam, peanut butter and chocolate spread. Altogether! (He knew that they were all unhealthy.)

Ava : Don't know.

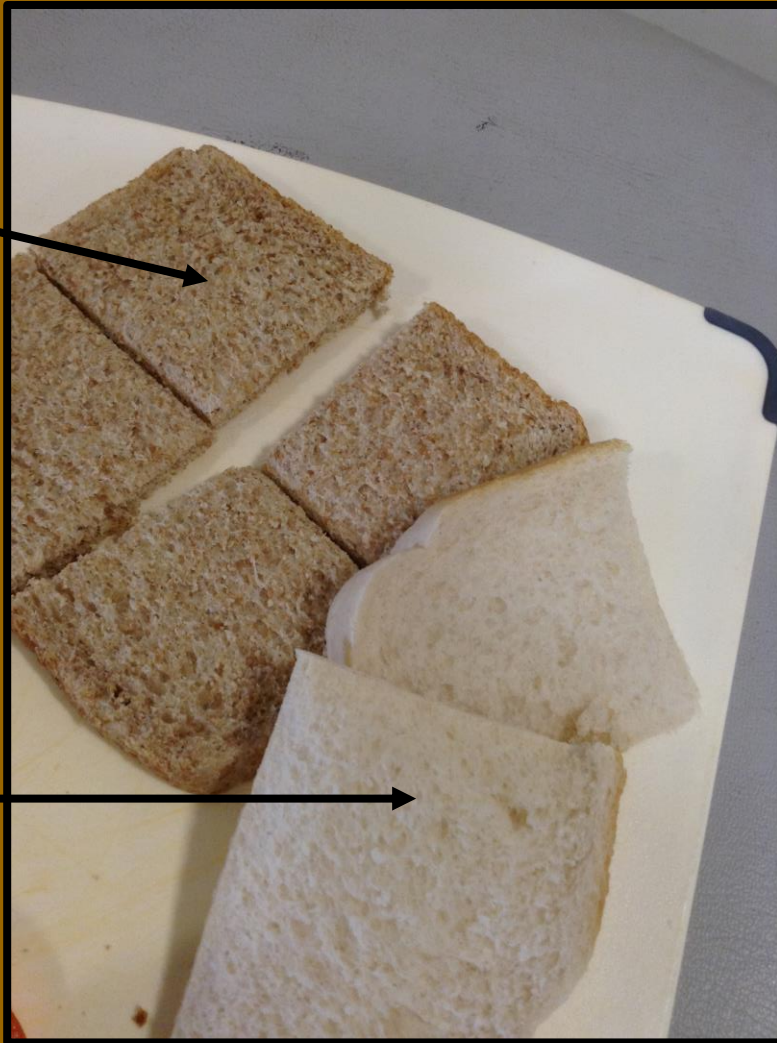
Darcie : Jam. It's healthy. (We talked about all the sugar in jam and how that makes it unhealthy.)

Sabrina : Cheese sandwich.

Ella : Cucumber and ham. That's healthy.

Ella-Evelyn : Jam.

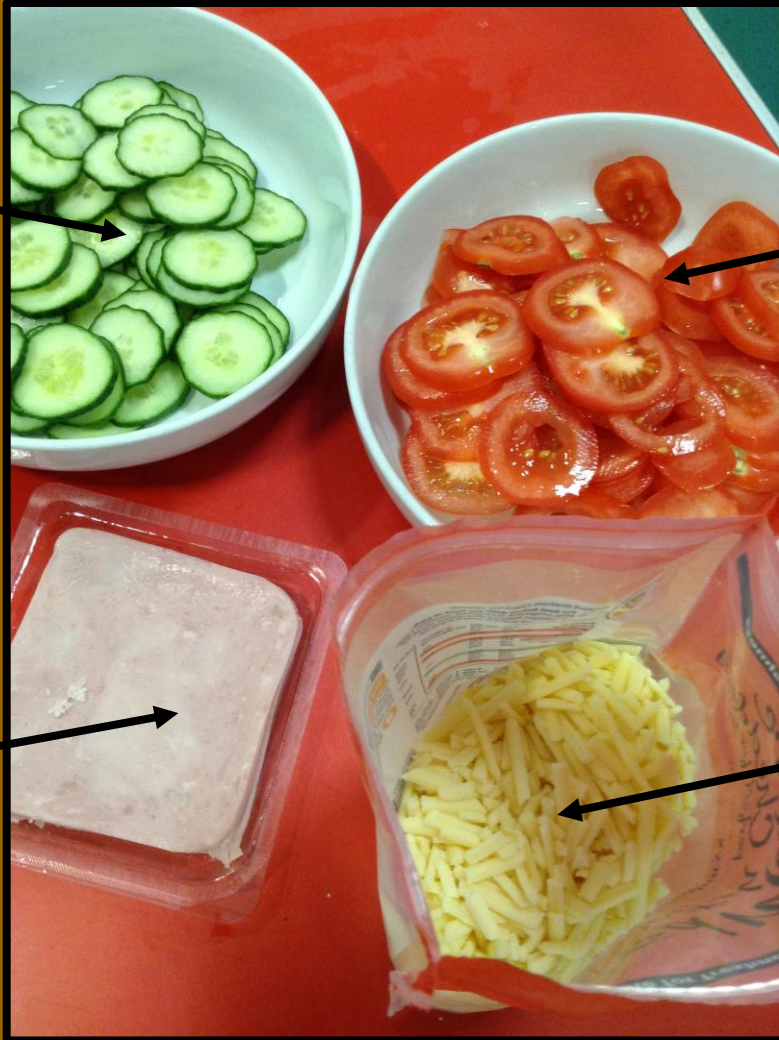
brown  
bread



white  
bread

The children were given the option of choosing brown or white bread for their sandwich. We talked about how brown bread was better for your insides and had more goodness in.

cucumber



tomato

ham

cheese

Healthy fillings

We thought about how to make a sandwich  
and which order we should do things.



Then it was the children's turn...





Can you see what they put in? Was it healthy?

Get your teddy! It's picnic time...





Lots of children made healthy choices, we were really proud of them. Later on we asked them what they had made...

Leo : It was ham with brown bread.

Charlotte S : It was cheese, brown bread and cucumber.

Asa : I had ham and cucumber and I had brown bread.

Noah : I had just ham and brown bread.

Isla : I had ham and cucumber and tomato and brown bread.

Well done everyone. Keep thinking about those healthy choices to keep yourself fit and strong and help you grow.