

Outdoor learning—Keeping Healthy

Dosbarth Bedwen—23 June 2023

Bedwen have been harvesting our June crops today. We learned which berries were in season and what other foods we could be growing in our gardens to eat this month.

We noticed that something has been eating the schools strawberries, we think it could be the birds.

We decided it was important that our garden could feed the wildlife as well as ourselves.



Then we harvested some lettuce that Ysgawen had sown. We washed each leaf carefully to remove bugs and dirt.



We used the lettuce leaf as a wrap and filled it full of delicious fillings. Then we used adjectives and similes to describe the look, taste and texture of the food.



We made strawberry and raspberry smoothie using maple syrup and oat milk. We worked as a team to cut the fruit into smaller pieces and add the ingredients. We talked about healthy eating and portion sizes.



We finished the morning with some relaxing yoga.

We thought about how to have a healthy body and a healthy mind.



We used the yoga poses to tell the story of different plants and animals.

