

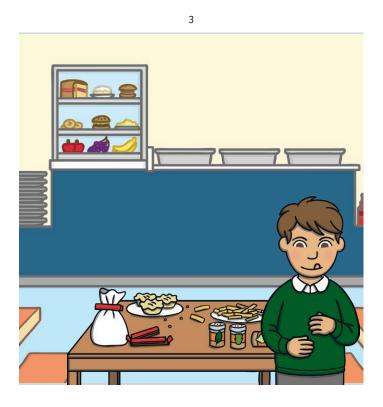
Keeping Fit It is Keeping Healthy Week at school! Join in with Kit and Sam as they learn about healthy food and exercise.

## **Keeping Fit**





## A 'Let's Read Together!' Book

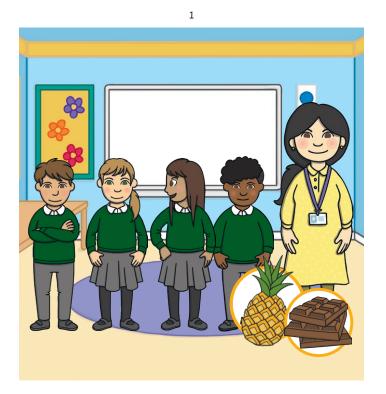


We put the dried herbs away in their tray and did some cooking. It was fun!





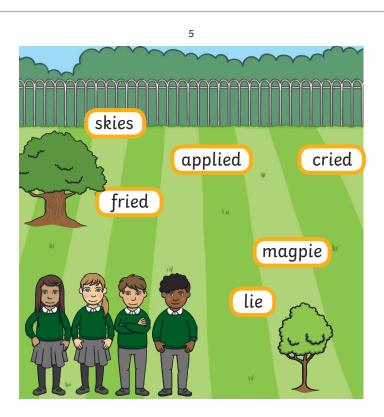
We tried the food – it was so good! We tried this food with Grandma Dadi and Grandpa Dada.



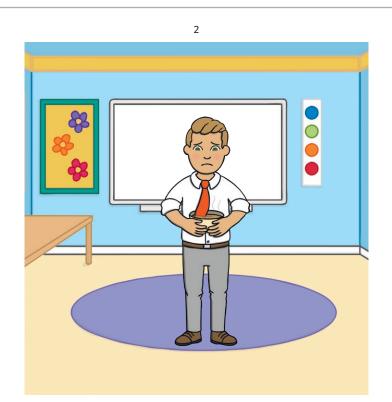
We have been looking at food. We tried and spied different things.



Dadi and Dada had a picnic with us and they tried the food. They said it was fab!



We went to play. We spied cards with letters on. We had to be quick!



There was some broth but the tie was in the broth – oh no!

