



## Healthy soul in healthy body



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## Documentation

**Activity:**  
P5

**Name of the activity:**  
Health care

**Country:**  
Poland

**Pupils age:**  
7-10

**Place:**  
Kowala School

**Date:**  
2019

**Number of pupils:**  
30

**Subject:**  
Biology

**Connection to other subjects:**  
P.E.  
Art

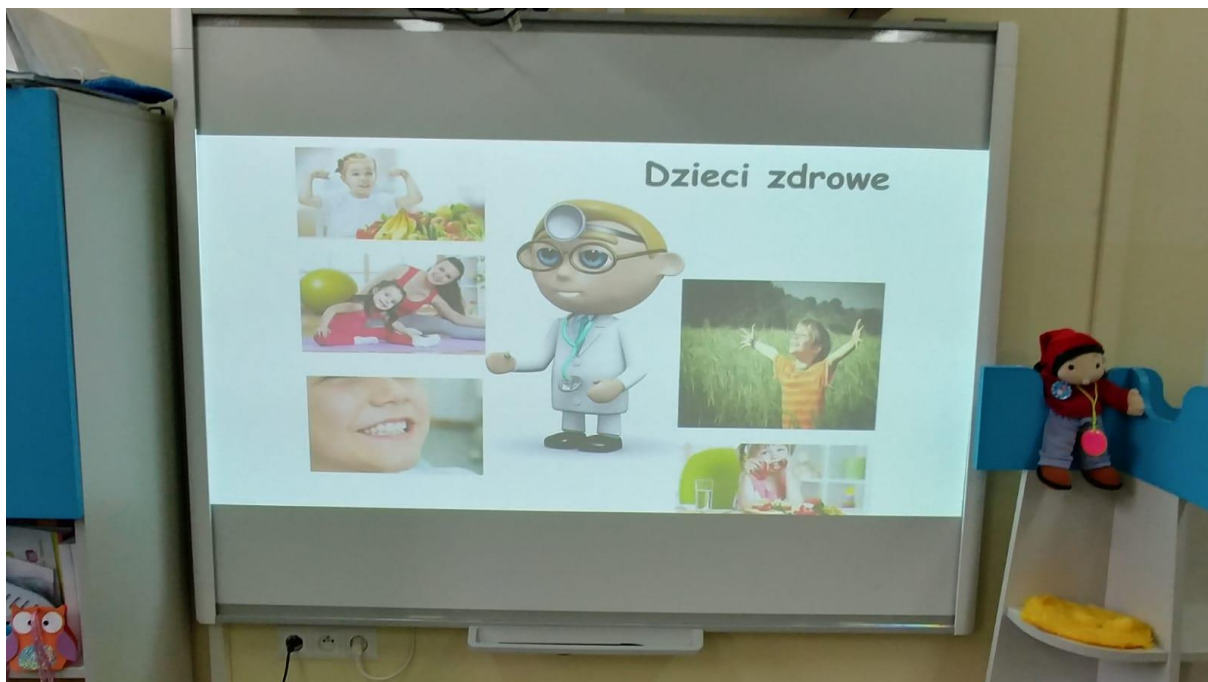
**Preparatory activities:** Describing the importance of a healthy diet with a nutritionist.







**Activity:** In this activity we learnt more about our body. What is good for it, how we can help it, what destroys it. The big theme was healthy food.





**Subsequent activities:** Preparing healthy dishes.







We also prepared our own food pyramids.







**Results:** Improved knowledge about a healthy and balanced diet.