

News from Sihirlibahce

Theme:

- What's the meaning of eating healthy food?
- Why do we eat healthy food?
- How are the foods going through our body? What is digestive system?
- What is nutrient pyramid?
- We searched and found the answers of these questions in "nutrition and healthy life" theme.

Nutrition is the food element in order to grow and live healthy. We provide the energy from various foods and drinks to work our body. However, all of the foods that we eat have to be digested to become necessary in our body. The way which the digestion processes come about in our body is totally 10 meter length. This means that this length is 6-7 times more from the human length and it is an extraordinary situation to make this length fit into our body.

Digestion starts in the mouth. Teeth pieces the foods in the mouth. There are beneficial bacteriums behind our tongue. The function of these bacteriums is paralysing the harmful microbes in our stomach. It is not an easy transaction. First of all, the bacteriums are changed another element called "nitrite" behind our tongue which is especially in the green leaf of nutrients called "nitrate". The transaction isn't finished here, when the saliva in our mouth joins with nitrite, it changes another element which paralysed the microbes. The nutrients which reach the stomach after the gullet are big pieces. They can't come into our cells. Grinder machine is necessary for grinding these big pieces. This grinder machine in our body is called "digestive system". This system consists of several pieces like every machine and each of these pieces are working completely, so we can digest the nutrients. The digestion in stomach of nutrients is made by a very powerful fluid which has divisive effect. This fluid is the hydrochloric acid in stomach. Big pieces are used by our body by courtesy of this acid in our stomach.

If the acid pieces the nutrients, how doesn't our stomach come to harm from this?

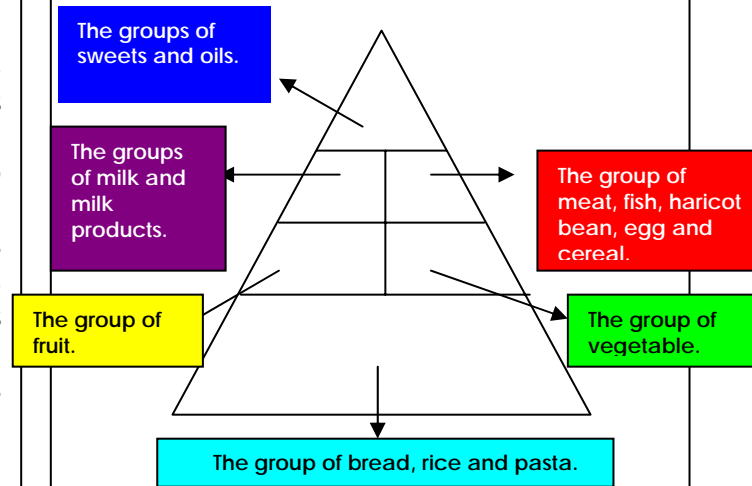
To prevent acid clawing the stomach at the time of digestion, it excrete another fluid called "mucus". This fluid covers the walls inside the stomach and it prevents hydrochloric acid to harm the stomach.

The station of nutrients after the stomach is intestines.

The nutrients which pass through the intestines divides small pieces. The essential of these nutrients mix with blood from intestine and the inessential of these nutrients is sacked with the excretion system.

The stages of the foods that they pass on the intestine are important. Digestion continue in intestine as it is in stomach. Nutrients are reduced and go into the blood vessel, then they disperse whole of the body.

Let's categorize the groups of nutrients which are necessary for living.



The group of bread, rice and pasta: This group provides vitamin, energy and fiber to the body. So, we are healthy and strong.

The group of vegetable: Vegetables give very important vitamins for our health.

The group of fruit: Fruits are such as sugar of nature. They are sweet and ready to eat. Especially they are rich in vitamin C.

The group of meat, fish, haricot bean, egg and cereal: This group give our body iron and protein.

The group of milk and milk products: The main nutrient which we take from these is calcium and this is useful to strengthen the teeth and bones.

The group of sweets and oils: This is a nutrient group that we have to eat a little.

We learned the names of the nutrients which are necessary for our body. Now, we know the names of the fruits and vegetables, the fruits and vegetables which grow in summer and in winter, what is cereal and which ones join the cereal group.

We had an opportunity to see the fruits and vegetables in the bazaar of Sihirli Bahçe which we form with the help of our parents. Later, we made different foods by using these and enjoyed it.



We touched, smelled and tasted fruits and each vegetable which were able to eat uncooked in the vegetable department of market.



Then, we went to bakery. We didn't know that there could be delicious and various kinds of breads.



Do you want to taste our pasta?



We went shopping to street market. We looked over all of the fruits and vegetables. We bought fruits and vegetables as much as we need according to our list.



Let's enjoy.....



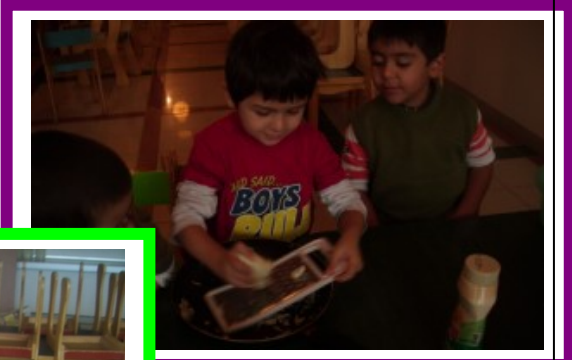
We went to fisherman, bought fish, cooked them and then, we ate them.....



We made pickles.



We strang pepper and dried it in



We completed our winter preparation

Artistic Activities:

Çağlar Child Theatre showed off the plays of "Deniz kızı kasabası" and "Kralın yüzüğü". The music which sounds end of the play excited all of us.



This month's artists were Salvador Dali and Antonio Vivaldi. We listened four season concerto of Vivaldi and we also illustrated it. We studied "Akan Saatler" of Dali in the garden.



In handicraft; we learned to make "Ebru" which is our Turkish traditional handicraft and we tried to make it, too.



Our trips:



We visited Fruit juice and Honey factory of A.O.Ç. We travelled the factory while we were drinking our fruit juices.



We visited our Leader Atatürk in Anıtkabir and payed our respect.



In Panora Children's Workshop we made our crafts. We made 'the cutest Witch' during arts and craft.



The memory of art gallery.

The other activities:



We won and we lost.



We thank to Ayşegül Yaramanoğlu for festival candies which she made for us....

Ceremonies and Celebrations:



Ramadan Festival



And we celebrated
our 7. age with
excitement..

