**202309019| 小一班**

Daily life



**「来园情况」**

今日星期二，共有13人来园，9人请假。

**「日常生活观察」**

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| **序号** | **姓名** | **入园情绪** | **早点** | **午餐** | | | **午睡** | **午点** |
| **饭** | **菜** | **汤** |
| 1 | 韩昕怡 | 请假 |  |  |  |  |  |  |
| 2 | 韩昕悦 | 请假 |  |  |  |  |  |  |
| 3 | 吴清墨 | √ | √ | √ | √ | √ | √ | √ |
| 4 | 陆晟涵 | 请假 |  |  |  |  |  |  |
| 5 | 杨雨涵 | 请假 |  |  |  |  |  |  |
| 6 | 张梅伊 | √ | √ | √ | ⭕ | ⭕ | √ | √ |
| 7 | 吴沐檀 | 请假 |  |  |  |  |  |  |
| 8 | 曹果 | 请假 |  |  |  |  |  |  |
| 9 | 曹煜琪 | 请假 |  |  |  |  |  |  |
| 10 | 蒋安乐 | √ | √ | √ | √ | ⭕ | √ | √ |
| 11 | 韩书华 | √ | √ | √ | √ | √ | √ | √ |
| 12 | 顾言希 | √ | √ | √ | 虾√  黄瓜⭕ | √ | √ | √ |
| 13 | 贾钧尧 | √ | √ | √ | √ | √ | √ | √ |
| 14 | 杨宸 | √ | √ |  | 老师喂 |  | √ | ⭕ |
| 15 | 张予安 | 请假 |  |  |  |  |  |  |
| 16 | 高瑞泽 | √ | √ | √ | √ | √ | √ | √ |
| 17 | 张路翔 | 请假 |  |  |  |  |  |  |
| 18 | 谢咏呈 | √ | √ | √ | √ | √ | √ | √ |
| 19 | 汤凌宇 | √ | √ | √ | ⭕ | √ | √ | √ |
| 20 | 韩以轩 | √ | √ | ⭕ | ⭕ | ⭕ | √ | √ |
| 21 | 冯煦晨 | √ | √ | √ | √ | √ | √ | √ |
| 22 | 郑哲皓 | √ | √ | √ | 虾√  黄瓜⭕ | √ | √ | √ |

**「签到」**

早晨孩子们来园之后来到了签到台，在贴有自己标记的积木上面放上代表自己入园的积木。

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**「户外」**

今天我们玩的是大型滑滑梯，孩子们玩的很开心。有的小朋友已经有主动喝水的意识了，玩了一会知道自己补充水份，真棒！

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| 2321695113168_.pic_hd | 2331695113178_.pic_hd | 2341695113185_.pic |

**「集体活动」**

健康《多吃粗粮好处多》这是一节营养类健康活动。粗粮是相对我们平时吃的[精米](https://baike.baidu.com/item/%E7%B2%BE%E7%B1%B3/1809431" \t "_blank)[白面](https://baike.baidu.com/item/%E7%99%BD%E9%9D%A2/3102387" \t "_blank)等[细粮](https://baike.baidu.com/item/%E7%BB%86%E7%B2%AE/11056865" \t "_blank)而言的，主要包括谷类中的[玉米](https://baike.baidu.com/item/%E7%8E%89%E7%B1%B3/18401" \t "_blank)、[紫米](https://baike.baidu.com/item/%E7%B4%AB%E7%B1%B3/684579" \t "_blank)、[高粱](https://baike.baidu.com/item/%E9%AB%98%E7%B2%B1/2862" \t "_blank)、[燕麦](https://baike.baidu.com/item/%E7%87%95%E9%BA%A6/760141" \t "_blank)、[荞麦](https://baike.baidu.com/item/%E8%8D%9E%E9%BA%A6/889827" \t "_blank)、[麦麸](https://baike.baidu.com/item/%E9%BA%A6%E9%BA%B8/6190083" \t "_blank)以及各种[干豆](https://baike.baidu.com/item/%E5%B9%B2%E8%B1%86" \t "_blank)类，如[黄豆](https://baike.baidu.com/item/%E9%BB%84%E8%B1%86/747974" \t "_blank)、[青豆](https://baike.baidu.com/item/%E9%9D%92%E8%B1%86/3349786" \t "_blank)、[赤豆](https://baike.baidu.com/item/%E8%B5%A4%E8%B1%86/4336555" \t "_blank)、[绿豆](https://baike.baidu.com/item/%E7%BB%BF%E8%B1%86/476871" \t "_blank)等。它们可提供人体所必需的多种维生素和矿物质。本次活动通过课件故事等引导幼儿认识一些常见粗粮，知道粗粮的营养价值和对人体的作用，从而喜爱粗粮，愿意吃各种各样的粗粮，改掉不吃粗粮的坏习惯。

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