BE HEALTY

It's important to eat a variety of different foods .

Choose healthy snaks as a pice of fruit or a carrot.

Try to avoid sugary foods and drinks.

KEEP CLEAN

We wash our body to remove dirt bacteria and sweat.

We must wash our hands before eating and after going to the toilet.











DO EXERCISE

Exercise makes
your muscles
stronger .
It's inportant to do
exercise regularly



