

HEALTHY WAY OF LIFE

HOW TO LIVE

TO BE 100



AN APPLE A DAY KEEPS THE DOCTOR AWAY

BE HEALTHY!

We must eat
carrots, apples
and cabbage.

We must eat porridge,
cheese
and milk
for breakfast.

We must drink
juice every day.

We must wash
our hands
and face

We mustn't
get up late

We mustn't eat too
many sandwiches,
sweets and cakes.

We must clean
our teeth
every day

We mustn't read
books in bed

We must run
in the park
every morning.

BE HEALTHY...



BE HAPPY!