

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!**