



Would you like
to be healthy?



Eat carrots



apples



and cabbage.



Have porridge, **cheese**
and milk for breakfast.



Drink **juice**
every day (каждый день).



Do not eat
many **sandwiches**



,



sweets



and

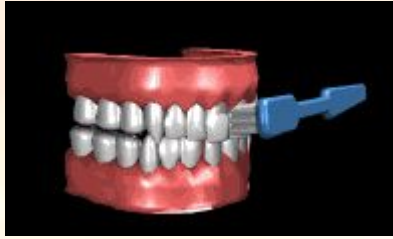


cakes.



**You must wash (МЫТЬ, УМЫВАТЬСЯ)
your face and hands.**





**You must clean(ЧИСТИТЬ)
your teeth every day.**



You must run in the morning.



You must skate and ski.



**You must swim, skip
and jump.**



**You must play
football or tennis.**





Do not be lazy!



**Walk and play with your
friends!**



Be healthy and happy!



- автор Валитова Г.М.