

Соблюдай режим дня!

Чтоб здоровье сохранить,
организм свой укрепить,
знает вся моя семья-
должен быть режим у дня.





И Г Р А:

A central collage on a white background with a blue border. It features a soccer ball in the top left, a basketball in the middle left, a tennis racket and ball in the bottom left, and a pair of dumbbells at the bottom. On the right side, there are images of grapefruit slices, three glasses of colorful juice (red, orange, green) with vegetables, a head of broccoli, a plate of food including a potato and vegetables, and a hamburger on a white plate.

