

HOW TO TAKE CARE OF YOUR BODY?



All of us have a body which is the same for ever.
That's why we need to take care of it.



A good diet, sleep well, do sports and a daily shower are our best friends for a healthy life.



•WHAT DO WE HAVE TO EAT TO GROW UP HEALTHILY?

1. Dairy food like milk, yoghurt, cheese and butter.
2. Fruits and vegetables.
3. Bread, cookies, rice and spaghetti.
4. Cereals at breakfast.
5. Beef, chicken and fish.
6. And you have to eat sweets sparingly!

DON'T FORGET TO DRINK WATER!



•WHAT DO WE HAVE TO DO TO GROW UP HEALTHILY?

1. Brush your teeth after lunch and before going to sleep.
2. Wash your hands before eating, after going to the bathroom and before going to sleep.
3. Have a daily shower.

