

HEALTH & ENVIROMENT (Tips for Health and Safe)

Healthy Eating Tips:

Click healthy eating tips.

Say "yes" to junk food ☐	No need to exercise ☐	Say "no" to junk food ☐
Take less sugar and salt ☐	Take a lot of sugar ☐	Balance healthy food intake with exercise ☐
Choose whole grains and drink more water ☐	Choose more sweets and cakes ☐	Fill half of your plate with fruits and ☐

FOOD PYRAMID

Arrange the pictures in correct space

