

Good Eating Habits (Say Good/Bad)



WATCHING TV WHILE

#LIVEWO

- Always wash hands before and after meals.
- We should talk while eating.
- We should eat fruits and vegetables every day.
- Do not wash fruits and vegetables before eating.
- We should eat always eat fresh food.
 We should not chew food properly.
 Never buy food from the road vendors.
 We should always waste food.