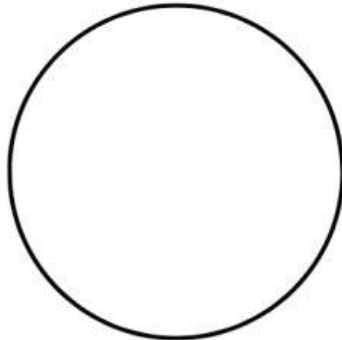
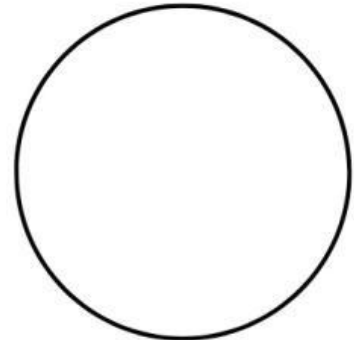


AMALAN GAYA HIDUP SIHAT

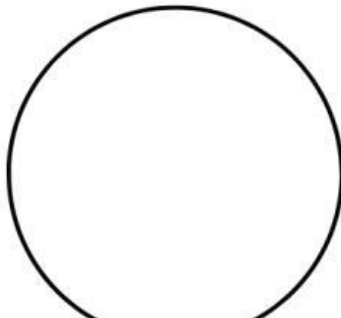
Padankan gambar dengan amalan gaya hidup sihat.



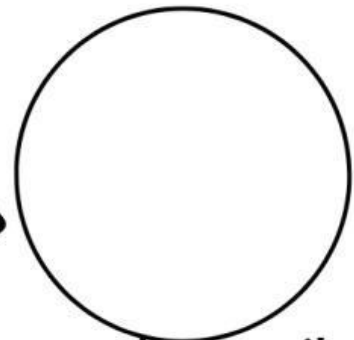
Minum air



Tidur awal



Bersenam



Makan makanan sihat



Peta Minda

Cikgu Manggai (PAKK2)