

## HEALTH & ENVIROMENT (Tips for Health and Safe)

### Healthy Eating Tips:

Click healthy eating tips.

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

## FOOD PYRAMID

Arrange the pictures in correct space

