



Match.

Early to bed,
early to rise,
Makes a person
healthy and wise.



Exercise can make
you strong.
It can be fun and
won't take long.



Wash your hands
before you eat.
Keep yourself both
clean and neat.



An apple a day
keeps the doctor
away.



Brush your teeth
and did you hear?
See your dentist
every year.



You should
eat good
food to stay
healthy.

You should
get a good
sleep.

You should
take care
of your teeth.

You should
wash often
to stay
healthy.

You should
do morning
exercises.



Write your
recipe for
a healthy life.