

Looking after your health

Give 1 or 2 words
for each sentence

- Exercise helps to develop a healthy heart, strong muscles & bones.
- When you sleep, your body heals itself, getting rid of toxins.
- Malaria mosquitoes breed in standing water. Flies are attracted to human waste, rotten meat & vegetables.
- Eat nutritious food, keep your body clean, live in a clean environment to stay healthy
- Wash yourself at least once a day, brush your teeth, wash your hands regularly, wash your clothes & bedding often.

