

STAYING HEALTHY

1. Look at this boy. He has a dirty body. What he must do?



Have a shower to clean his body.

Wash hands only.

Change his clothes only.

2. Oh no, dirty hands! What we should do if we have dirty hands?



Do not wash.

Wash hands with water and soap.

Just wipe using a clean towel.

3. What we should do after wake up early in the morning and before bed?

	Brush teeth using toothbrush and toothpaste.
	Do not brush teeth.
	Just wash teeth with water only.

4. What type of food we must eat to keep our body healthy?

	Eat pizza every day.
	Just eat sweets and salty food.
	Eat healthy food to keep our body healthy.

5. This boy has a fat body. What he must do to get a fit and healthy body?

	Do exercise or sports regularly.
	Just watch television and eat junk food.
	Eat sweets food everyday.