HEALTH & ENVIROMENT (Tips for Health and Safe)

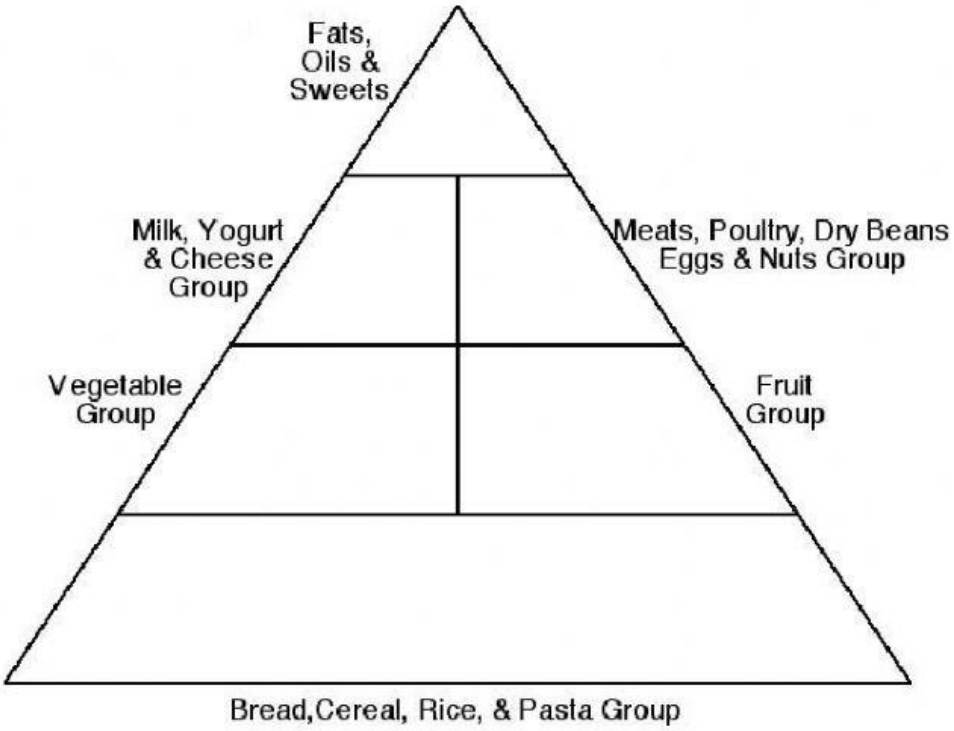
Healthy Eating Tips:

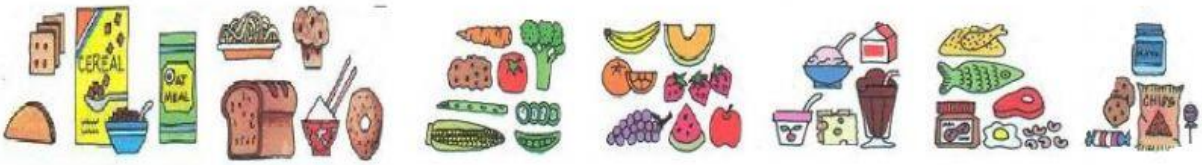
Click healthy eating tips.

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

FOOD PYRAMID

Arrange the pictures in correct space





LIVEWORKSHEETS