

YEAR 2



Fill in the blanks with the correct answers below:

junk	lunch	clean	a lot
milk	fresh	hands	properly
dinner	Exercise	breakfast	vegetables

1



2



3

We should eat
fresh,
food



4

Drink daily to keep your
bones strong.

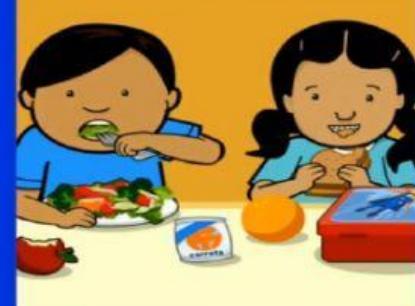
5

Say no to

food



6



We should chew
our food

7

Eat and clean food.
Have a lot of fruits and vegetables.



8



Drink of clean, pure, filtered or boiled water



9

Take 3 meals a day

- ❖ Healthy
- ❖ Balanced
- ❖ Light



10



Daily

