

## 1 CHOOSE.



## 2 DRAG AND DROP.



They include vegetables and fruit which contain minerals, vitamins and fiber.



These foods have a lot of carbohydrates and they are rich in fats.



They include meat, fish, pulses and dairy products.



## 3 CLICK ONLY IN THE CORRECT ANSWERS.

- Wash your hands before and after eating. 
- Have a weekly shower. 
- Brush your teeth once a day. 
- Don't touch your eyes or mouth with dirty hands. 
- Wash your hands often. 
- Change your clothes every month. 