

HEALTHY HABITS



_____ water



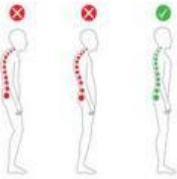
_____ your 5
senses



_____ 8 or 10
hours



Do _____



Take care of your



Eat a healthy



FOOD PYRAMID