

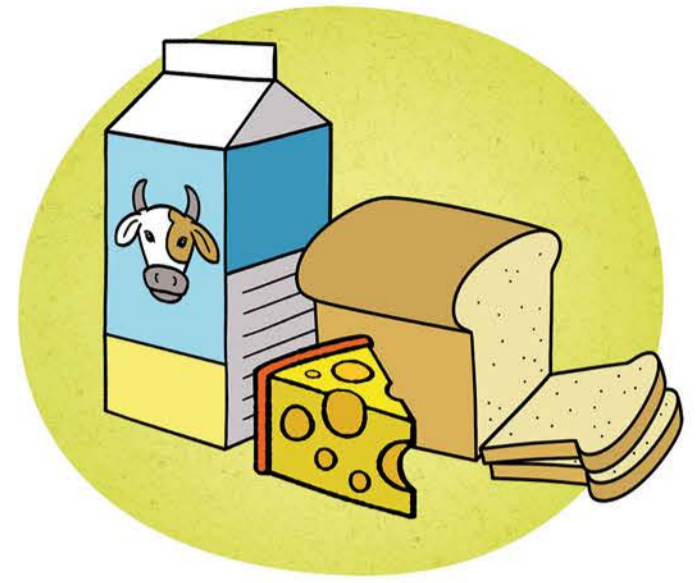
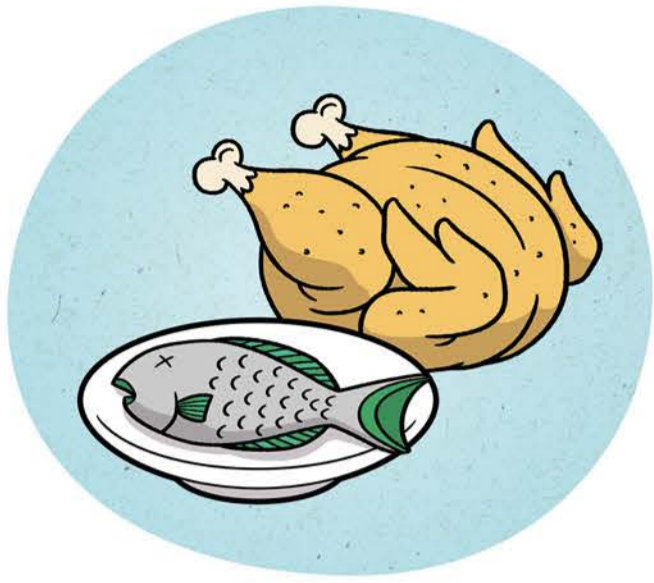
Grade

Big Book 2

2

Healthy habits



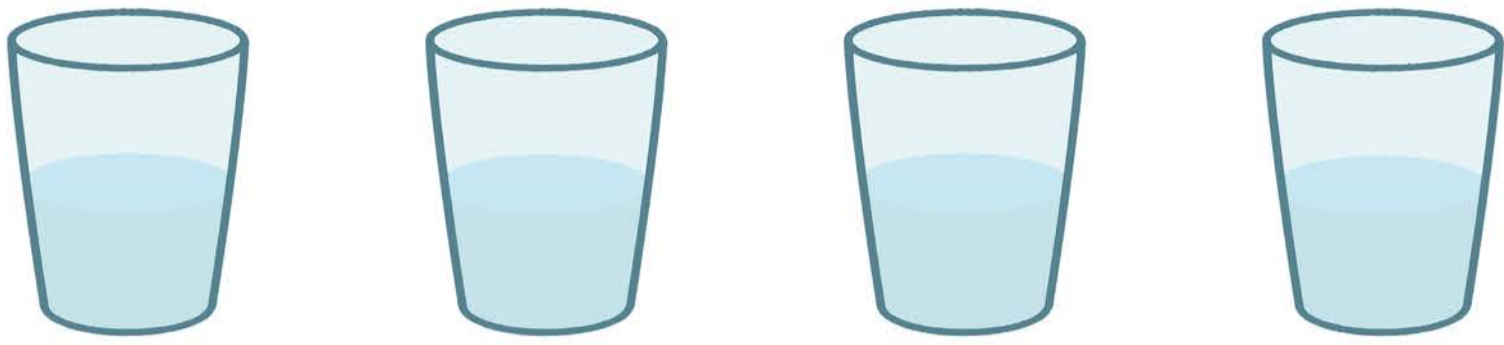


Everyday food



Sometimes food

To keep healthy, eat
healthy food every day.



Drink clean water. You need about 4 cups a day.



Exercise makes your
body strong. Move your
body every day.



Keep clean! Wash your hands. Clean your teeth. Wear clean clothes.



Go to the clinic and get your vaccinations.



Get plenty of sleep. Don't stay up late watching TV.

Words to remember

healthy

food

water

exercise

clean

sleep

vaccination