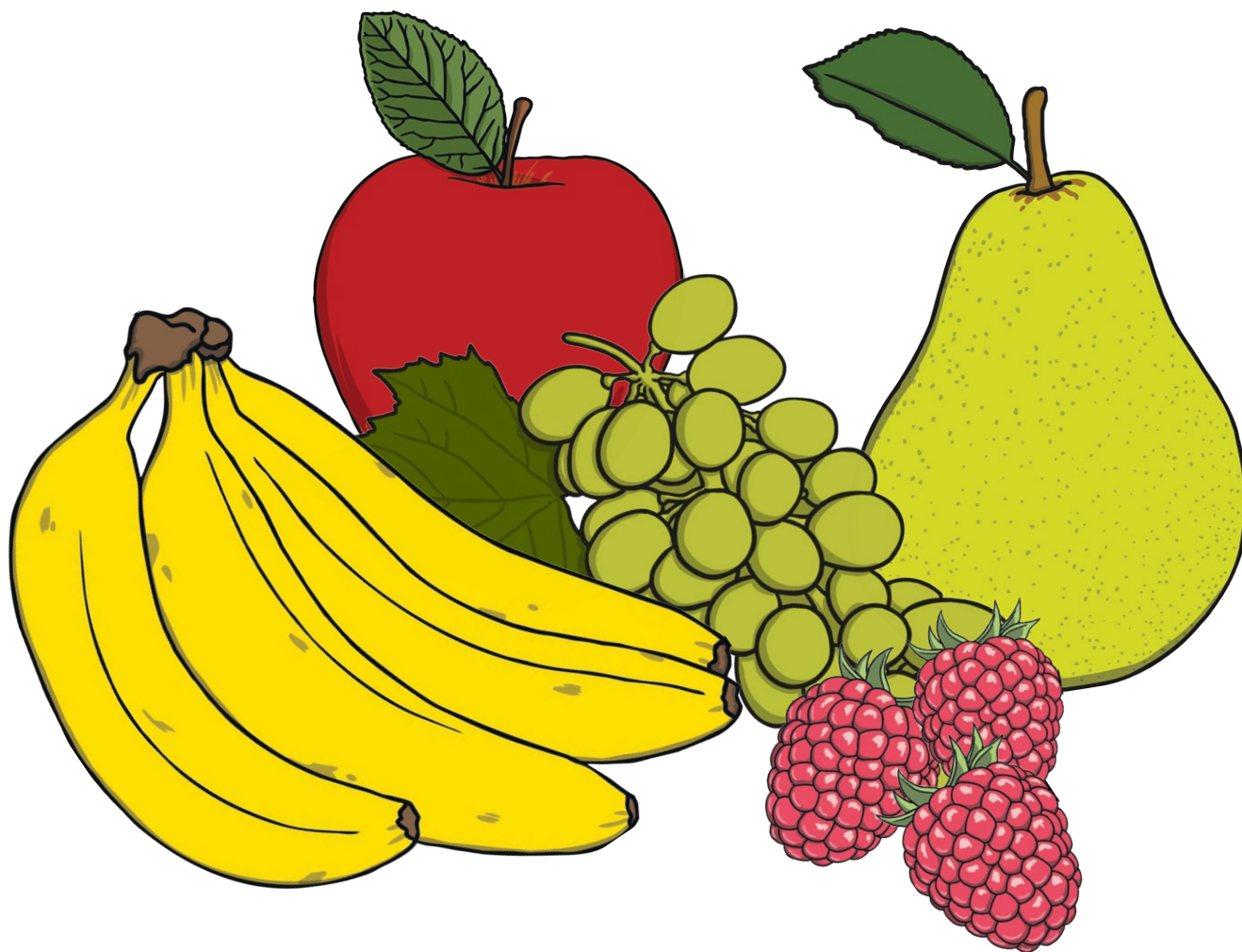
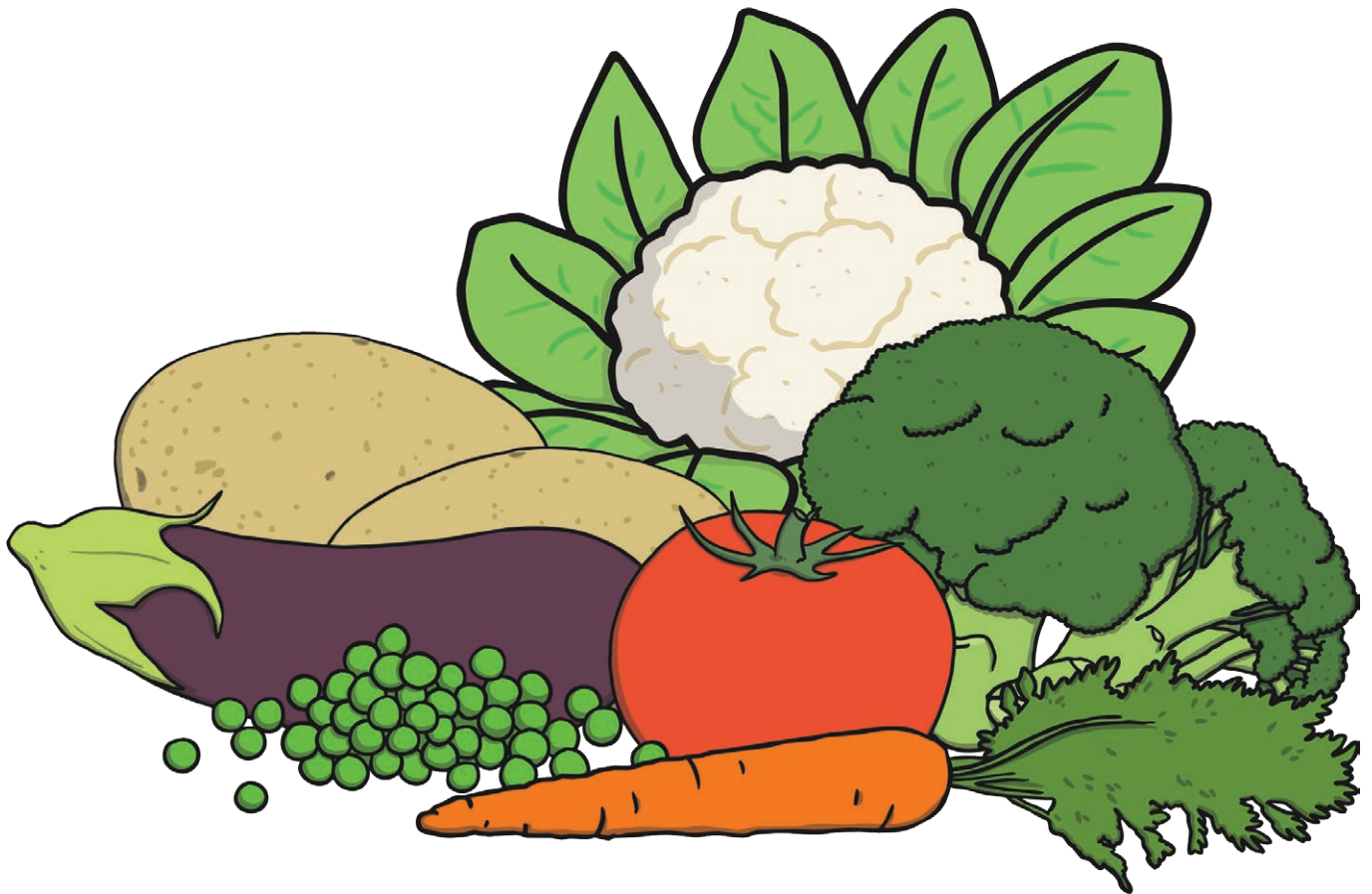


To stay healthy...



eat lots of fruit.

To stay healthy...



eat vegetables.

To stay healthy...



exercise.

To stay healthy...



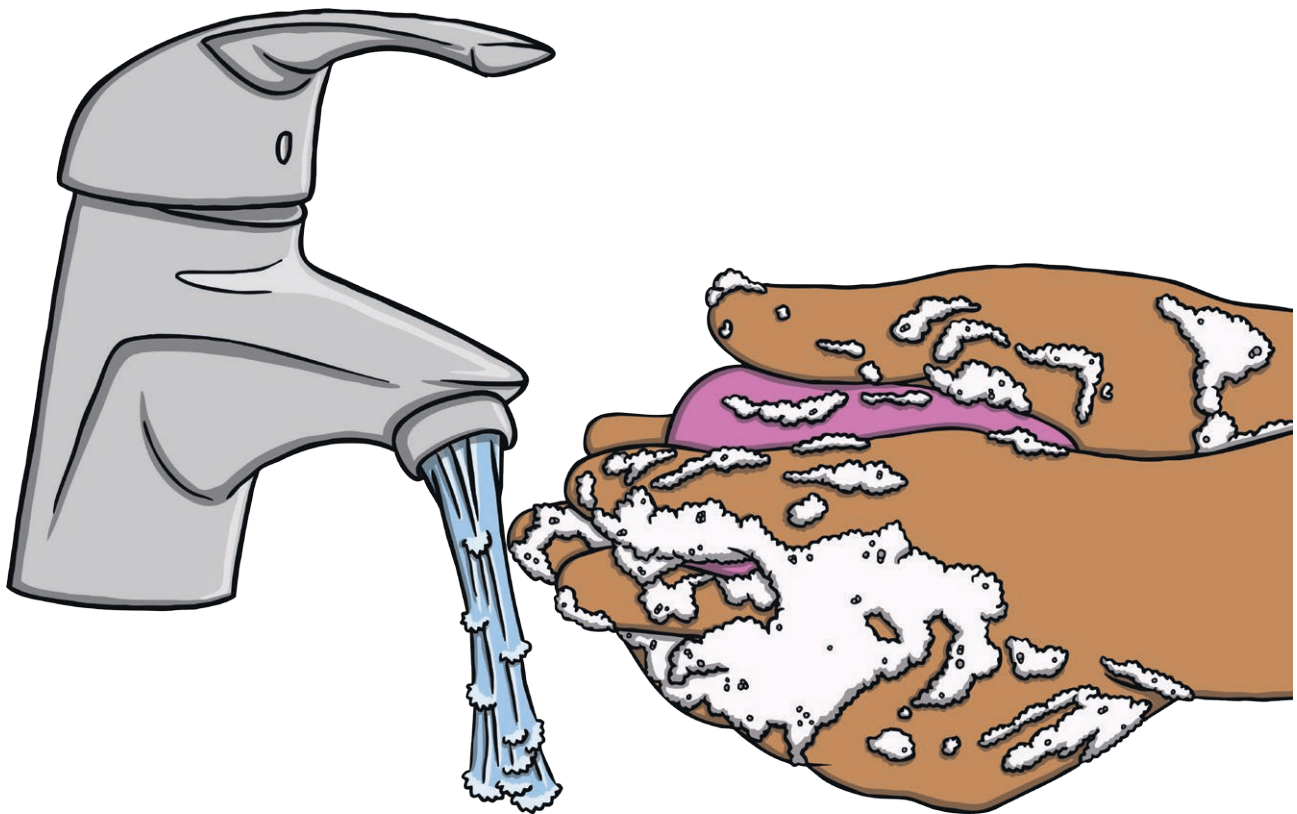
brush your teeth
twice a day.

To stay healthy...



walk to school.

To stay healthy...



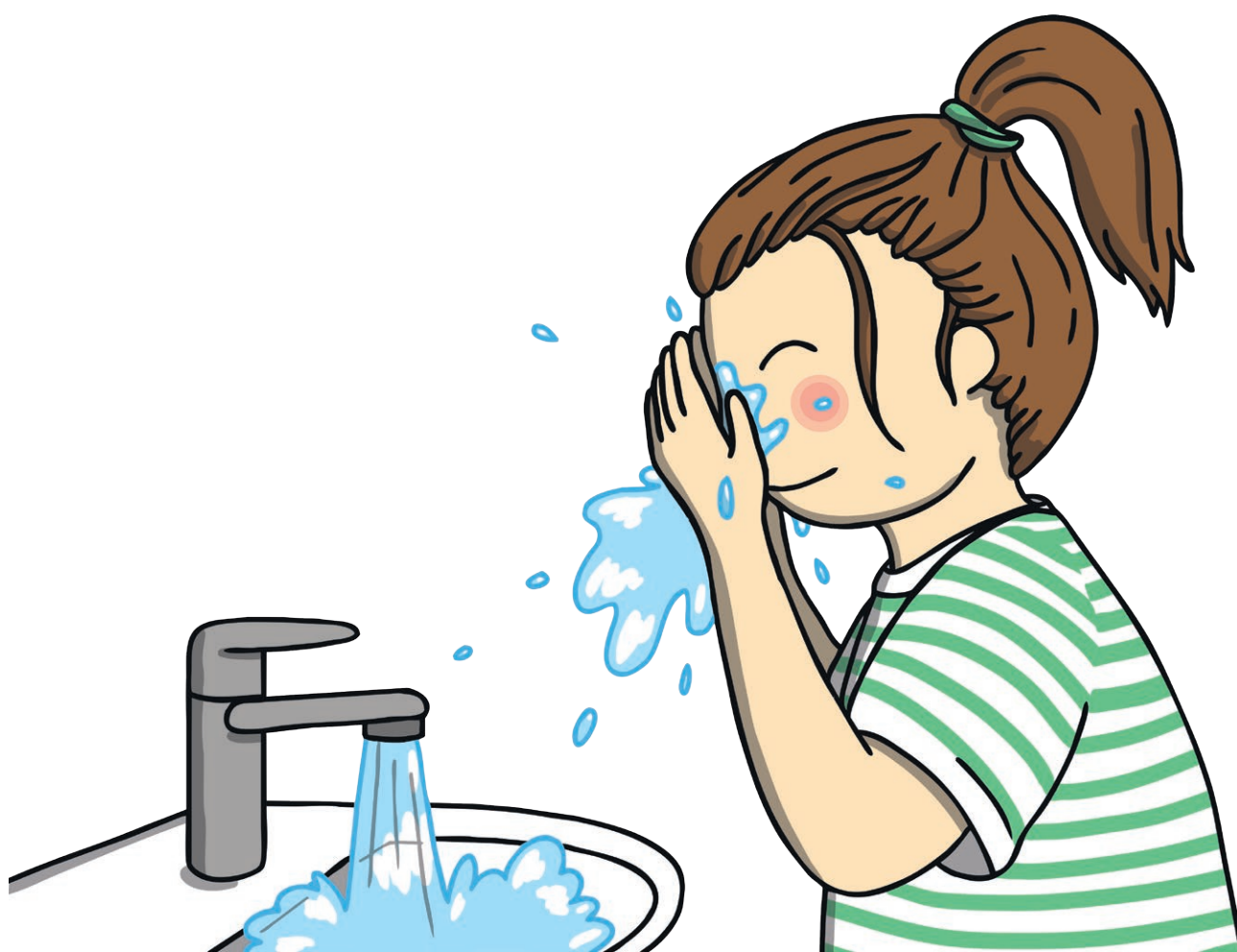
wash your hands
before eating.

To stay healthy...



drink lots of water.

To stay healthy...



wash your face.

To stay healthy...



get plenty of sleep.