



Would you like  
to be healthy?



**Eat carrots**



**apples**



**and cabbage.**



Have porridge, cheese  
and milk for breakfast.



Drink juice  
every day (каждый день).



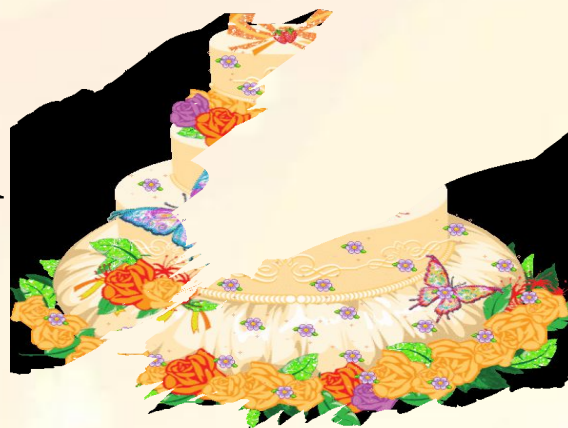
Do not eat  
many **sandwiches**



**sweets**



and

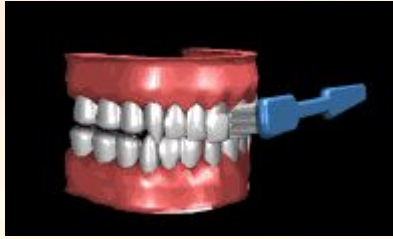


**cakes.**

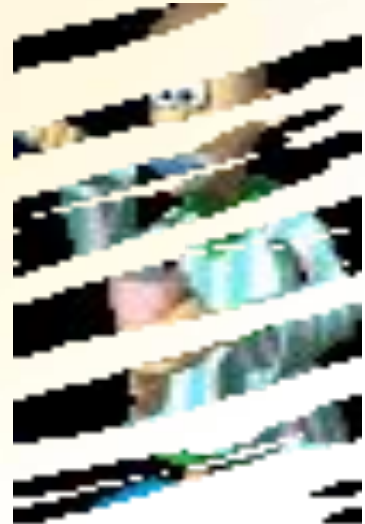


**You must wash (МЫТЬ, УМЫВАТЬСЯ)  
your face and hands.**





**You must clean(ЧИСТИТЬ)  
your teeth every day.**



**You must run in the morning.**



**You must skate and ski.**





**You must swim, skip  
and jump.**



**You must play  
football or tennis.**





**Do not be lazy!**



**Walk and play with your  
friends!**



**Be healthy and happy!**



- автор Валитова Г.М.