



Would you like
to be healthy?



Eat carrots



apples



and cabbage.



Have porridge, **cheese**
and milk for breakfast.



Drink **juice**
every day(каждый день).



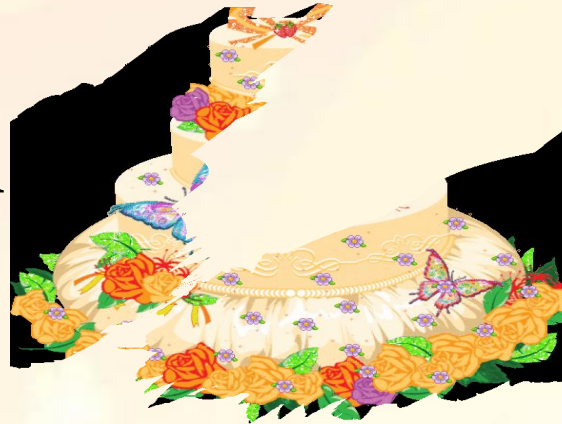
Do not eat
many **sandwiches**



sweets



and

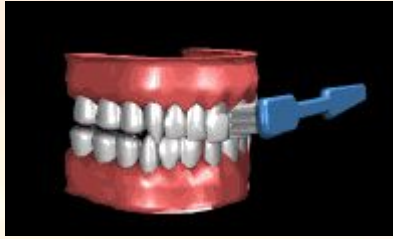


cakes.

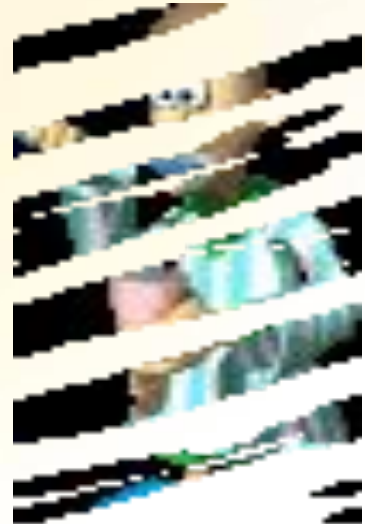


**You must wash(мыть, умываться)
your face and hands.**





**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.