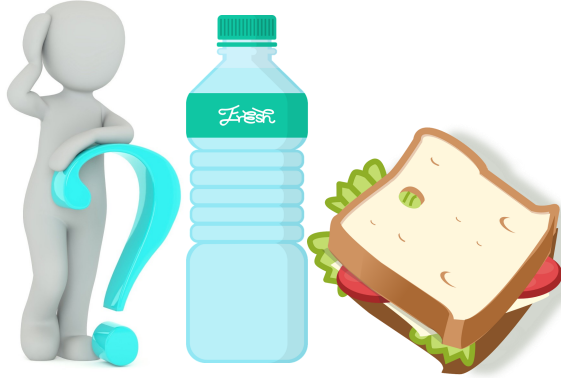


Eating and drinking

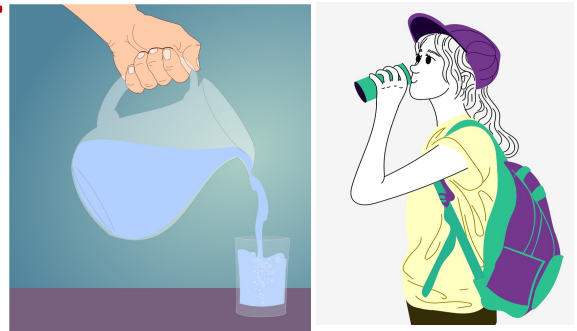


1



Why I need to eat and drink.

2



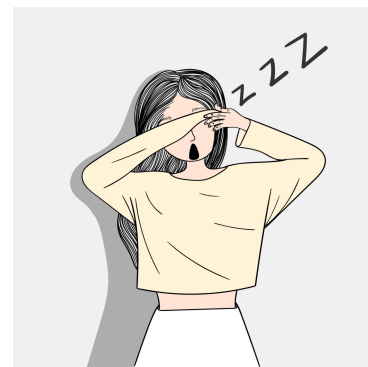
Drinking keeps me hydrated.
Hydration is important for feeling okay.

3



Eating healthy food gives me energy.
I need energy to have fun and to do my work.

4



Without enough food and drink I can
feel uncomfortable or sick.

5

- Breakfast ☒
- Lunch
- Dinner



I will eat and drink at mealtimes and
snack times.

6



I need to eat and drink to do the things
I enjoy.