

# Staying healthy

It is important we all do things to keep healthy, so we can work well at school and do the things we like at home.



We need to eat good food

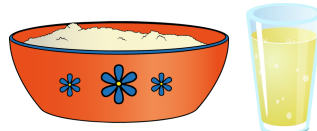


Get lots of exercise



Get lots of sleep

- Sometimes we must eat special food to help keep healthy.



- Sometimes we must take special medicine to help keep healthy.



- This does not mean we are sick it just makes us feel even better.

