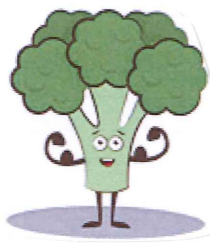


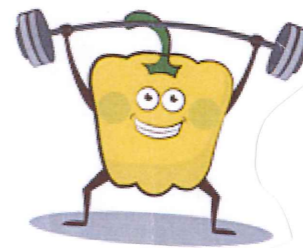
MY



GOOD



EATING



HABITS



The way to choose healthy food:
 "3 Low 1 High Rule"
 ↓ Low in fat, salt and sugar.
 ↑ High in fibre.

I wash my hands before eating. This keeps germs away.



I eat healthy food. This keeps my body strong.



Good Eating Habits



I have three regular and balanced meals every day. This helps my body to grow well.



I eat breakfast every day. This provides energy for me to start the day.



Help set up the table.



Use forks and spoons properly.

Good Table Manners



Chew with mouth closed.

Sit up straight while eating.

