My Good Eating Habits

1. Wash hands before you eat. Eat clean food:



3. Shouldn't waste food.
Many people have nothing to eat.



2. Eat breakfast every day. We'll not be hungry in the morning

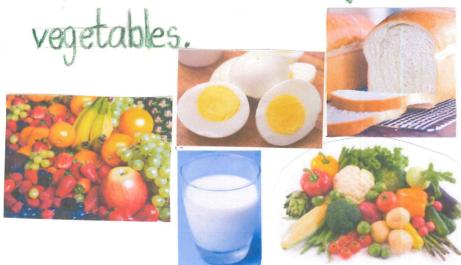


4. Rest for a little while after eating. Prevent stomachache.



The way to choose healthy food.

Healthy food: Milk, bread, eggs. fruits,



Food and drink that are low in fat, salt and sugar and high in fibre.

Unhealthy food Chips. candy, ice-cream. ham burger.



Food and drink that are high infat, salt and sugar.