

My Good Eating Habits

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



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



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



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



★ The way to choose healthy food.

Healthy food: Milk, bread, eggs, fruits, vegetables.



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



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

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