

My Good Eating Habbits



Wash hands before you eat.

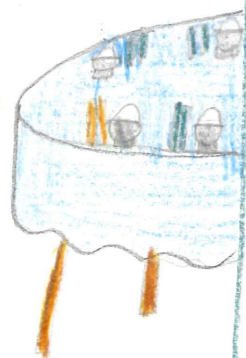
Breakfast Lunch Dinner



Having regular meals



Do not eat snacks before eating.

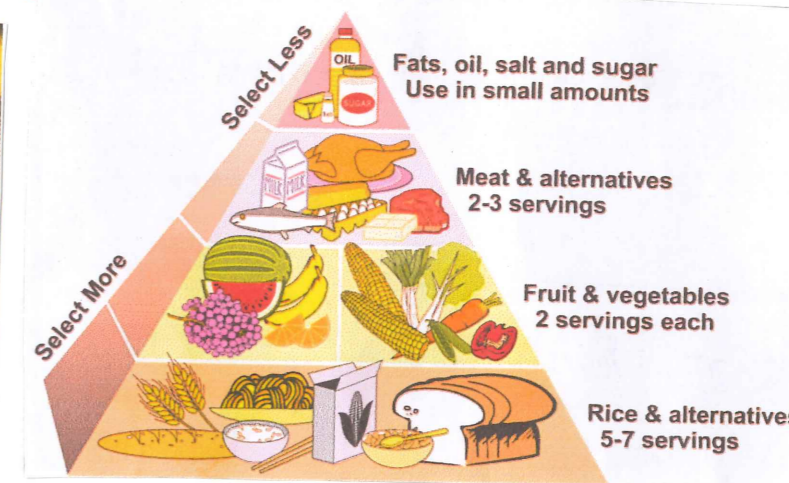


Having balanced meals.

Healthy food



We should eat more vegetables and fruits, we will get stronger.



follow the food pyramid for our daily meals.

Unhealthy food



If we eat too much junk food and sweet, we will get sick.

