





The Steps to Be Healthy

- Eat fruits and veggies. 
- Exercise everyday when you come home. 
- Drink something without sugar. 
water
- ~~Keep~~ keep on doing these things, you will live for a long time. 

CILINA
JACKSON

How to Be Healthy

3th grade

~~A~~ Eat grapes.

~~A~~ get 8 hours of sleep.

~~A~~ Eat green.

~~A~~ get exercise every day.

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oo		oo
oo		oo
oo		oo

Very
Good

How to Be Healthy

- Eat fruits and vegetables
- Eat Bran, grapes, Bananas

Fruite and vobles are heathy
to eat becwas they give you
profens and Apes.



make
your
teeth
healthy

give
angry



308

Enochians



Tayanna Johnson 9/14/12 3th Grade

how to be healthy

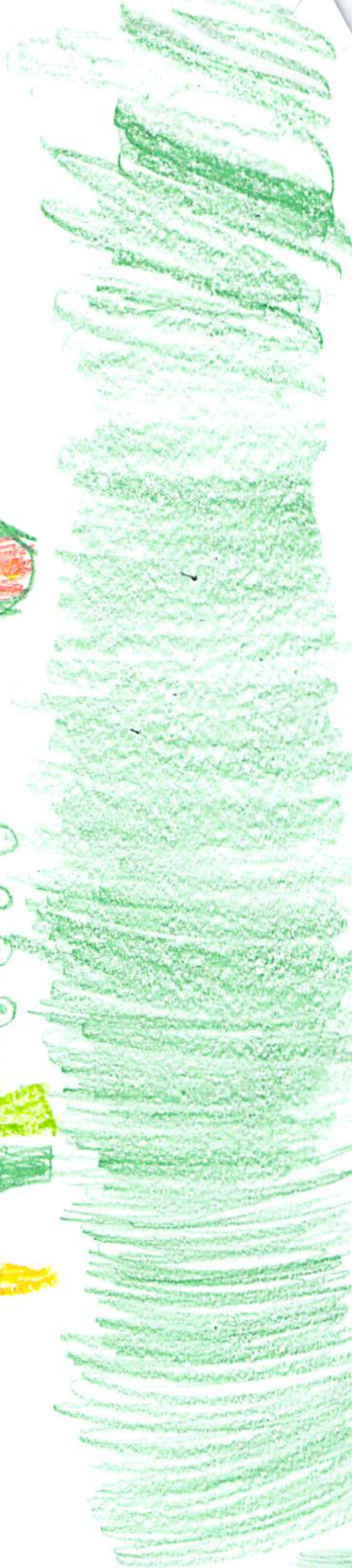
Eat your Veggies
Eat food

Take Care of you Self

they are good for you and to let you know

Talking about More Veggies Cone

Caret
brok/pees



Tayona

9/14/12

how to be halthe