

Healthy

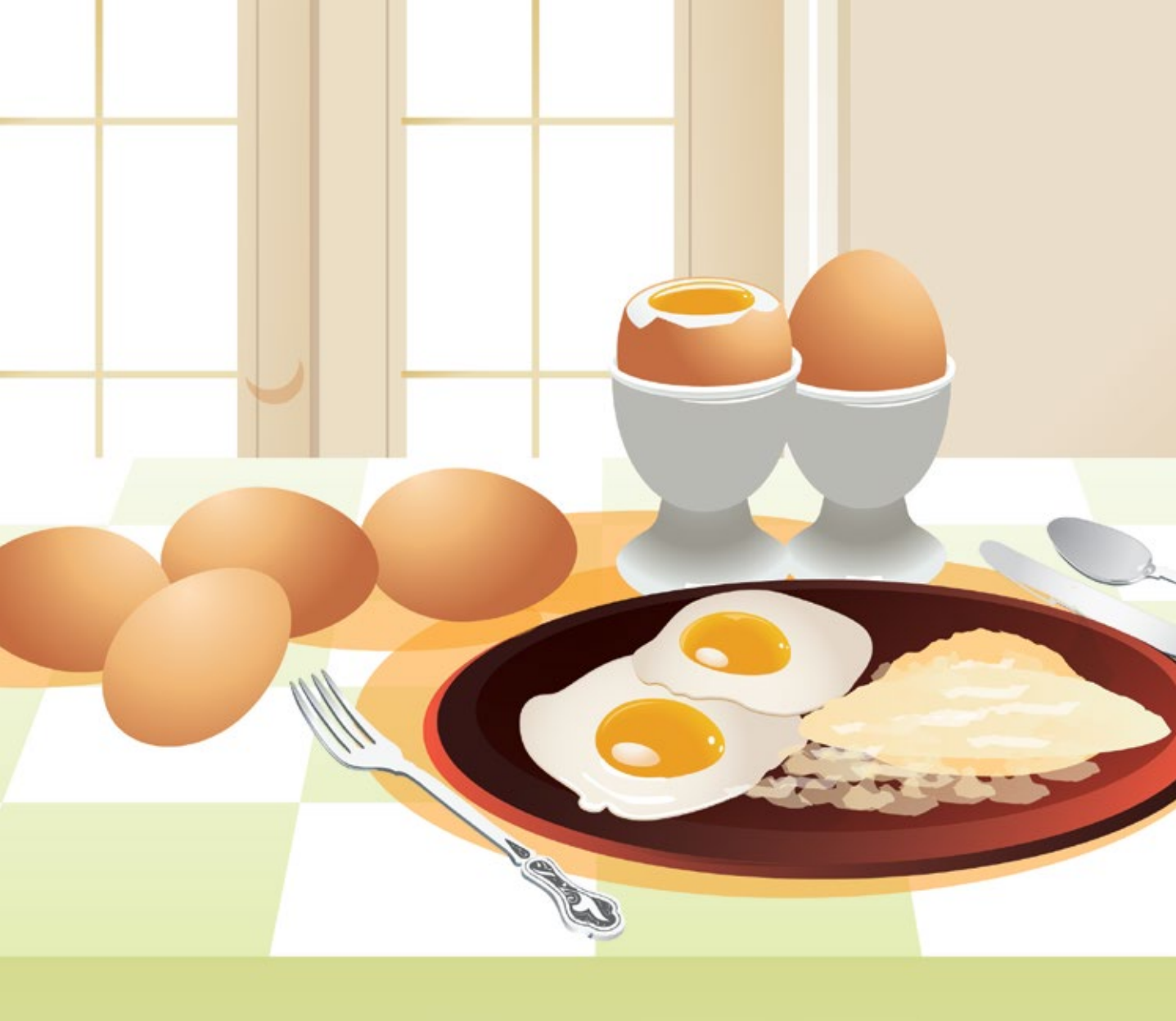


FOOD

**I love fresh
fruit and pure
fruit juice for
breakfast.**



I love eggs.
They can be
scrambled,
boiled or
fried.



**I drink milk
and eat
wholewheat
bread.**



**Cheese,
yoghurt and
nuts are my
favourite
snacks.**



**I like eating
chicken
and fish.**



**Sometimes
my mom
makes yummy
smoothies.**



**My tummy
hurts when I
eat too much.**



**My family
enjoys
growing
vegetables.**



**My mom
allows me to
choose fruit
at the shop.**



**My family
sits at the
table for
meals.**

