

Let's learn how to be a good and healthy child!



Remember to have breakfast before you go to school. You can have milk or eggs. They keep you awake and smart in lessons!



6:00



What do you do after school? Go outside and play in the sun. Sunlight helps your body make vitamin D. It also keeps the bones strong!

**A** Fill in the blanks with the correct words from the text.

## Dos

- ✓ Eat **1**: b \_\_\_\_\_ every morning
- ✓ Play outside in the **2**: s \_\_\_\_\_
- ✓ **3**: S \_\_\_\_\_ more than nine hours a day

## Don'ts

- ✗ Skip meals
- ✗ Always stay at home
- ✗ Turn on the **4**: n \_\_\_\_\_ when you sleep



Always go to bed before 10 pm and sleep not less than nine hours every night. Don't turn on the nightlight because your body can only rest well in the dark.

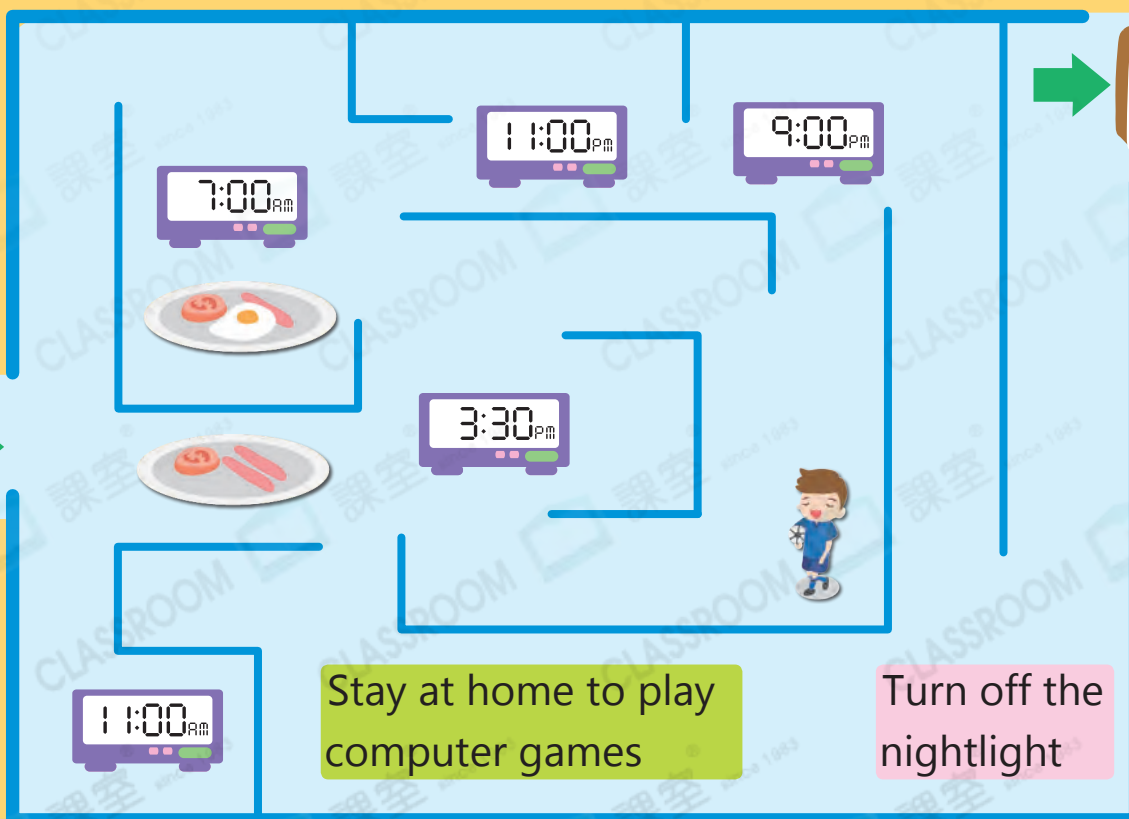


12:00



**B** What does a good child do in a day? Follow the order below and draw a line to help the boy get out of the maze.

The order: time → right thing to do → time → right thing to do



Go to sleep

Stay at home to play computer games

Turn off the nightlight