My body and its safety
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My body needs care to keep it healthy.
Let’s encourage our friends that our bodies are important. They need care and love.
We need to eat vegetables and fruit so our bodies can be healthy.
Food full of fat, salt and sugar is not good for our bodies.
A shortage of vegetables and fruit is a serious challenge in our school.
We can make our own garden at our school to plant vegetables and fruits.
Later, we can have vegetables and fruit because we make a small garden with our teacher’s help.
I know what to do to keep my body safe; brushing my teeth, exercising, and drinking clean water are healthy for my body.
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