
TIME FOR KIDS
Staying Healthy
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Staying Healthy



You are growing fast now. You need to take good care of yourself.

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This book will tell you what to do to stay healthy.

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Eating Right



The right foods help you grow strong. Fruit and vegetables are good.

Make healthy choices. Eat snacks but not too many.

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"How about some chips, Mom?" you ask.

She says, "Okay, but no cookies this time."

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Drinking Water



Did you know your body needs lots of water? It is better for you than juice and soda. Water helps to keep you healthy.

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Water also helps to keep you clean. Being clean is part of being healthy.

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