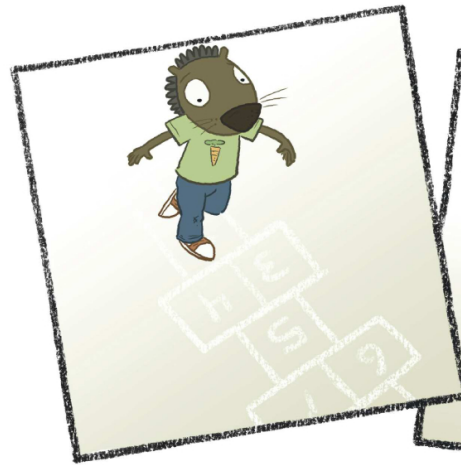
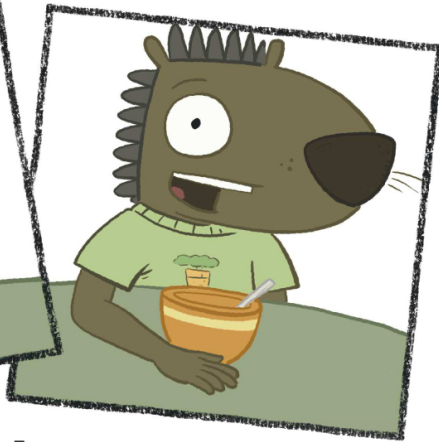


# How to stay happy and healthy



**eat healthy meals**



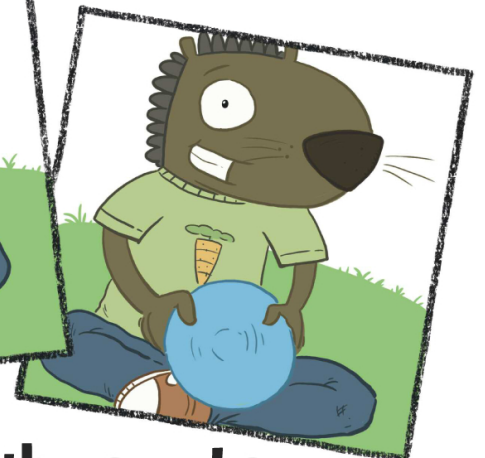
**play for exercise**



**drink lots of water**



**enjoy healthy snacks**



## A Closer Look

1. How do **you** stay healthy?
2. What do you like to do for exercise?
3. What are some foods that are good for you?
4. Draw a picture of your favorite healthy snack.



**stay active**

