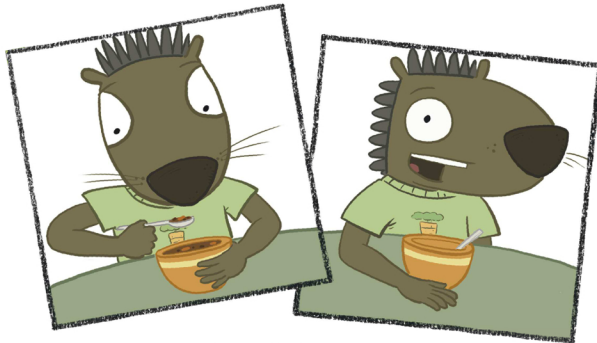


How to stay happy and healthy



eat healthy meals



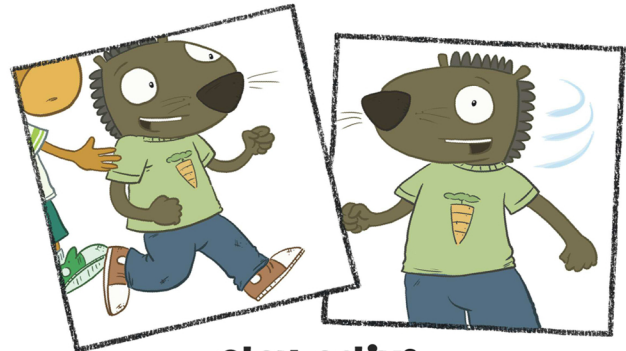
play for exercise



drink lots of water



enjoy healthy snacks



stay active

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.