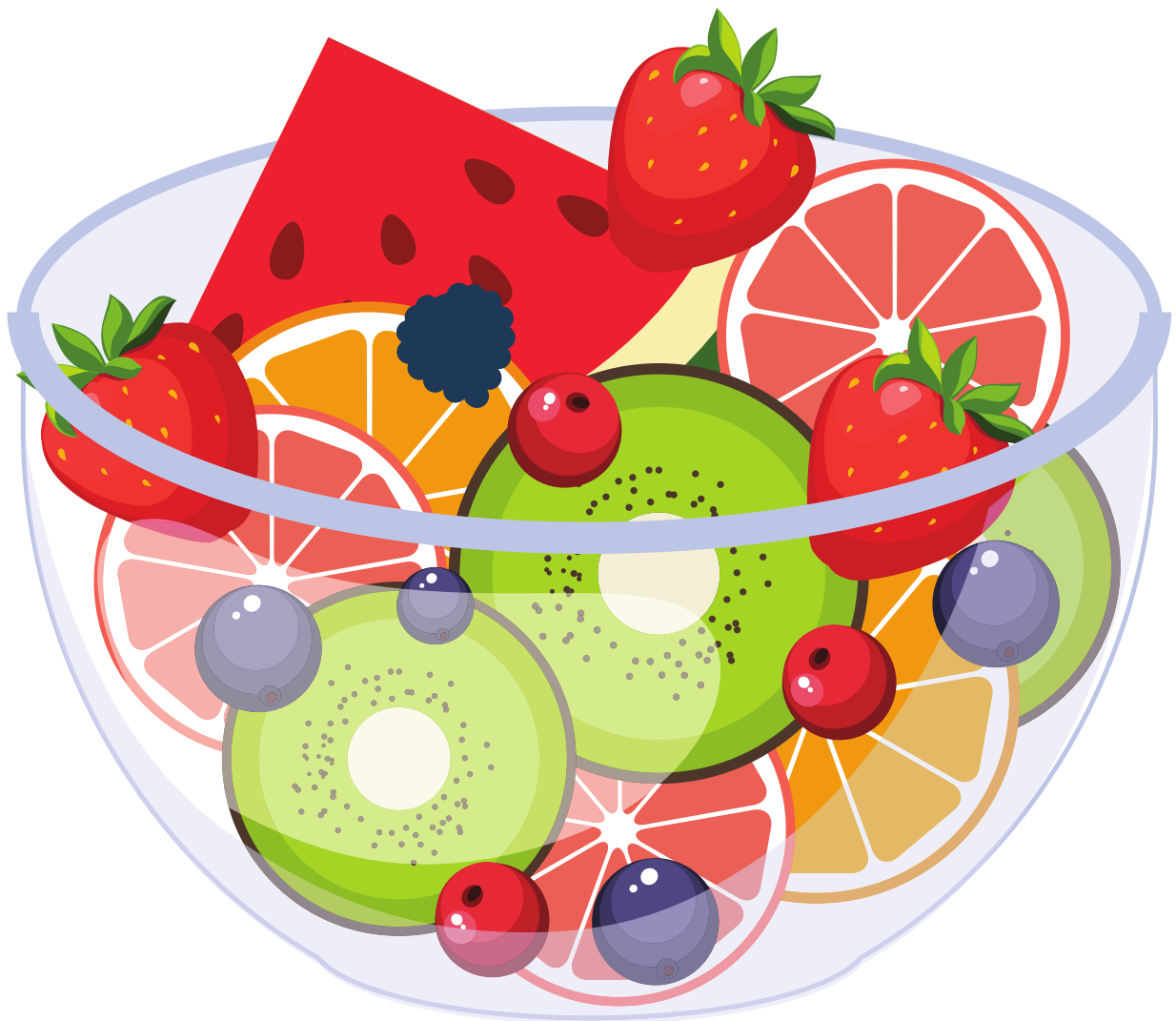


To stay healthy



Eat fruits

To stay healthy



Eat vegetables

To stay healthy



Exercise

To stay healthy



Brush your teeth twice a day

To stay healthy



Go for walk

To stay healthy



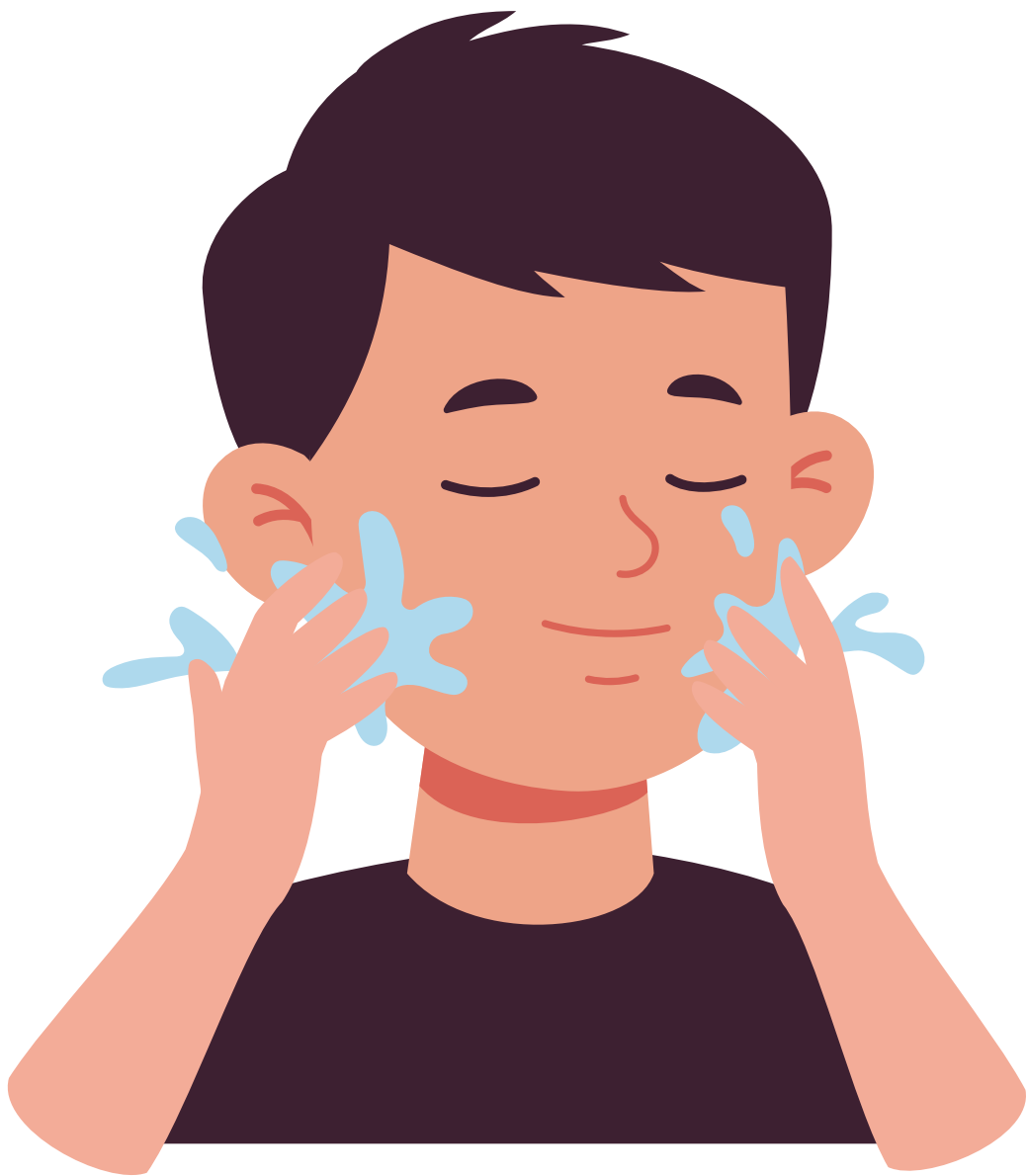
Wash your hands before eating

To stay healthy



Drink plenty of water

To stay healthy



Wash your face

To stay healthy



Get plenty of sleep