# My healthy life by Yoana Mineva

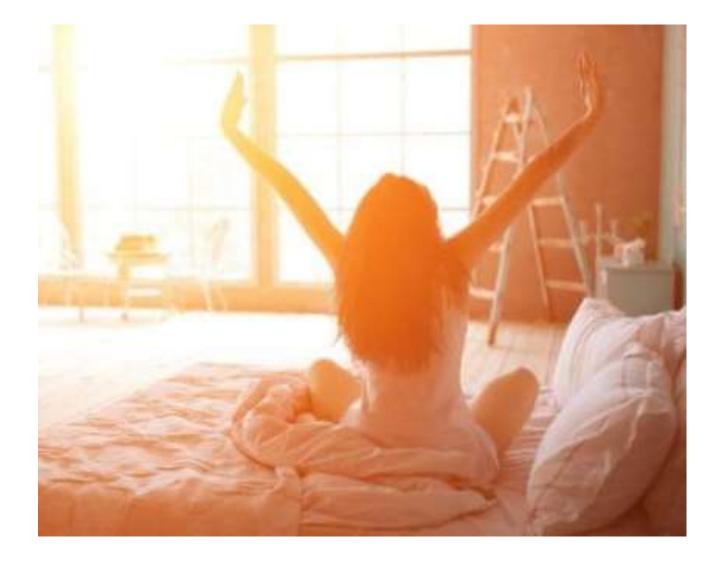
## l'm very healthy !

l'm Yoana. l'm nine . l Love ballet!



### Sleep well .

I go to bed at 9 o'clock and I get up at six o'clock. I sleep well!



Wash your hands.

I wash my hands before meals and after I go to the toilet.



#### Clean your teeth

I clean my teeth every morning and night. My teeth are white.





I eat fruit every day . I like bananas and bread.



#### Exercise every day.

#### I love sports! After school , I play with my friends .

