

My healthy life

by Yoana Mineva

I'm very
healthy !

I'm Yoana.

I'm nine .

I 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.



Eat lots of
fruit .

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



Exercise
every day.

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

