

MY HEALTHY
LIFE

HEALTHY MIKAEL

I am Mikael. I am nine. I live healthy life.
I go to bed at ten o'clock. I get up at six
o'clock. I sleep well! I love sleep long
time.



CLEAN YOUR TEETH

I clean my teeth in the morning. My teeth are very strong and white. My father is a dentist. He straightens my teeth.



WASH YOUR HANDS

I wash my hands every day before meals and after school. This is how I maintain my personal hygiene.



EAT LOTS OF FRUIT

I eat fruit every day. I like apples, oranges, bananas, strawberries and more. I don't eat sweets and KFC. They aren't healthy.



EXERCISE EVERY DAY

I don't watch TV and play computer games every day. After school I play football with my friends. On Saturday I play basketball with my family, but on Sunday I play MONOPOLY with them.

