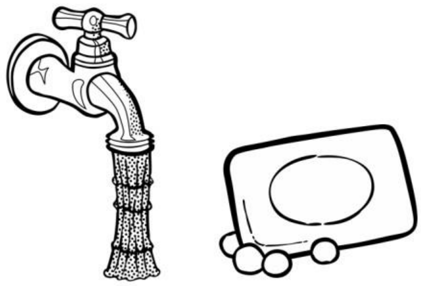
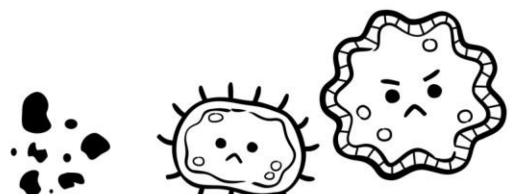
Pangalan ______________________________ Petsa ________________

Ang Batang Malusog

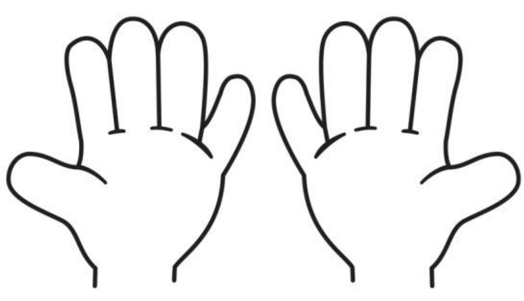
Ang batang malusog ay
naghuhugas ng mga kamay.



Tubig at sabon ang gamit niya.



Wala na ang dumi at mikrobyo
sa kanyang mga kamay.

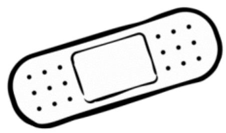


Ang kanyang mga kamay ay malinis na.

Naghuhugas ka ba ng mga kamay mo?

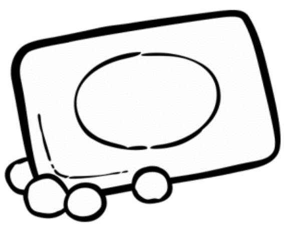
Pangalan ______________________________ Petsa ________________

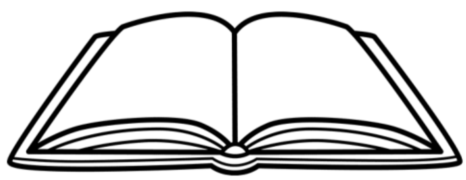
Kulayan ang mga bagay na ginagamit upang malinis ang mga kamay.



benda

sipilyo

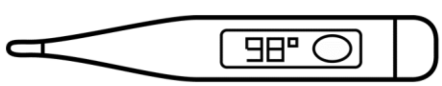




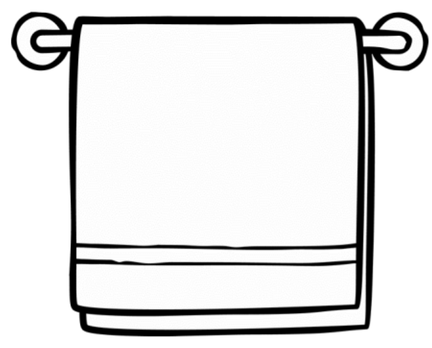
sabon

aklat

sabon



thermometer



espongha

hand sanitizer

tuwalya

Pangalan ______________________________ Petsa ________________

Ang Batang Malusog

Ang batang malusog ay kumakain ng mga pagkain na masustansiya.

Ang mga sustansiya ay kailangan para gumana nang maayos ang kanyang katawan.

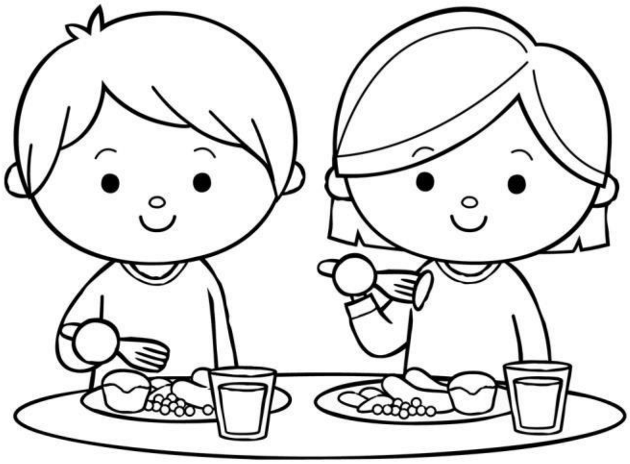
Ang mga sustansiya ay tumutulong sa kanyang paglaki at pag-iwas sa sakit.

Ang kanyang katawan ay malusog.

Kumakain ka ba ng mga pagkain na masustansiya?

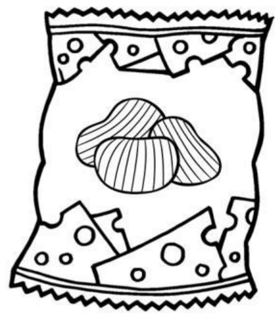
Pangalan ______________________________ Petsa ________________

Kulayan ang mga pagkain at inumin na mabuti sa ating katawan.

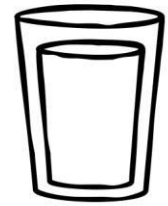


karne

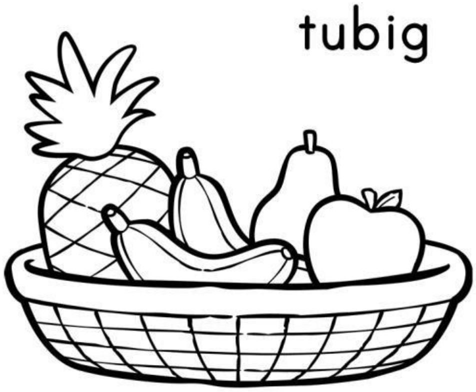
tubig



junk food



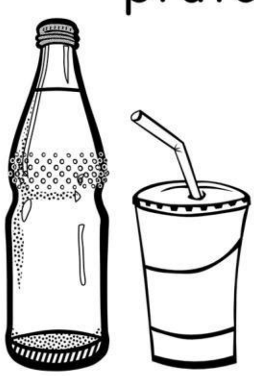
gatas



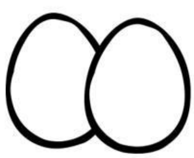
prutas

kendi

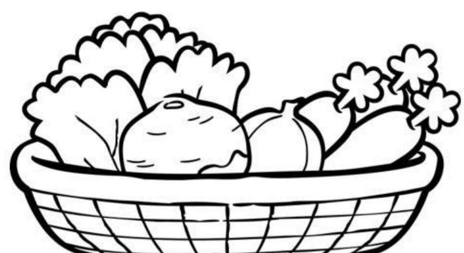
isda



softdrink



itlog



gulay

Pangalan ______________________________ Petsa ________________

Ang Batang Malusog

Ang batang malusog ay nagsisipilyo ng ngipin.

Nagsisipilyo siya pagkatapos kumain.

Tubig, sipilyo at toothpaste ang gamit niya.

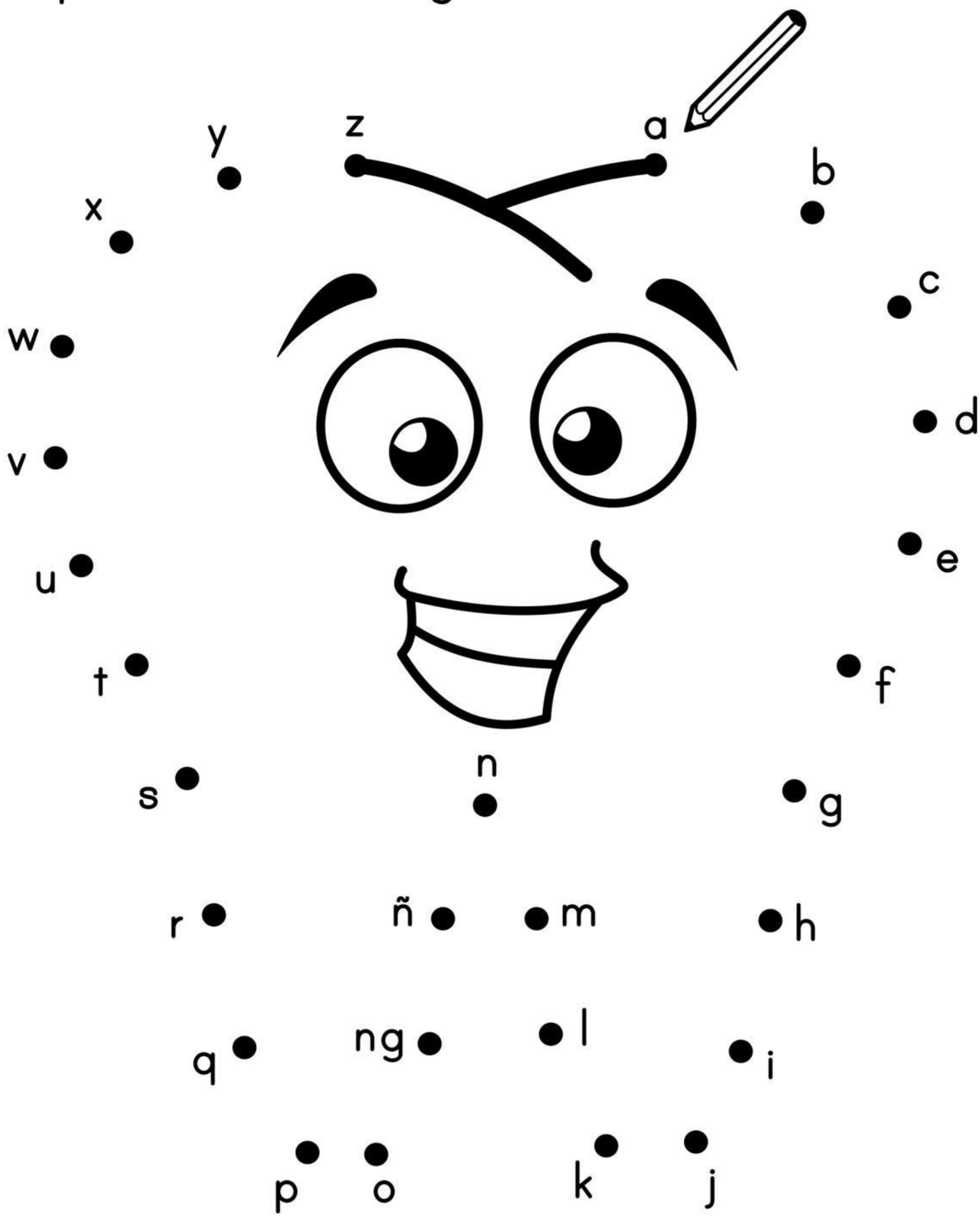
Pumupunta siya sa dentista. Ang dentista ay tumutulong kung ang ngipin ay masakit o may sira.

Ang mga ngipin ng bata ay malinis na.

Nagsisipilyo ka ba pagkatapos kumain?

Pangalan ______________________________ Petsa ________________

Pagdugtung-dugtungin ang mga titik nang paalpabeto. Ano ang larawan na nabuo mo?



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