





Can you sort these pictures into healthy and unhealthy choices.

Here is a song you could learn and perform with your own actions. Have fun.

*If you're healthy and you know it
eat some fruit, Crunch Crunch*



*If you're healthy and you know it
drink water, Glug, Glug*



*If you're healthy and you know it
exercise (do exercise)*



*If you're healthy and you know it
wash your hands.*



*If you're healthy and you know it
get good sleep.*





*If you're healthy and you know it
brush your teeth.*