BIOLOGY

Keep your body healthy



Eat well

Eat lots of different foods.



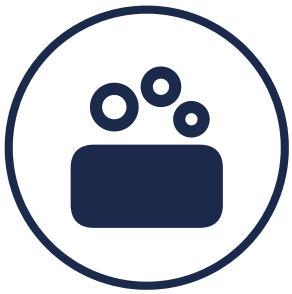
Move

Run, jump and play every day.



Sleep

Rest helps your body.



Wash

Wash your hands often.

Look after your body!

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