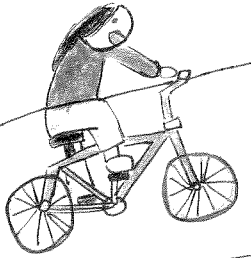
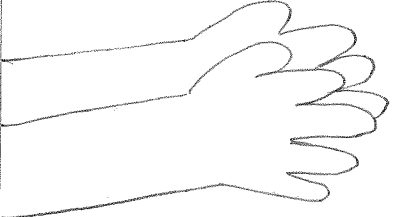
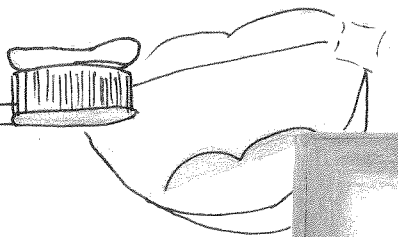
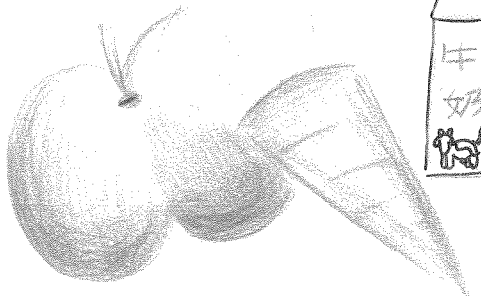
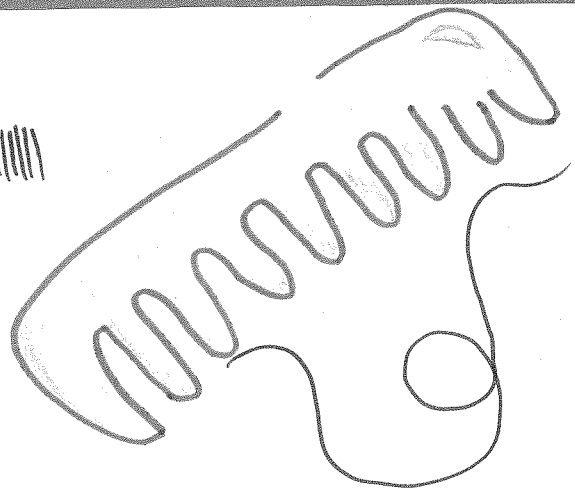
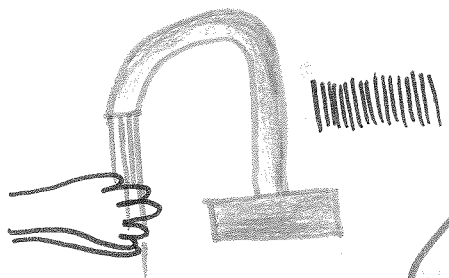
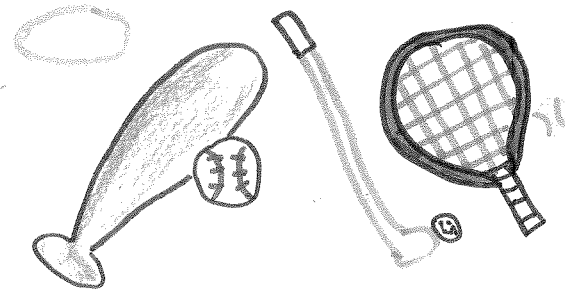
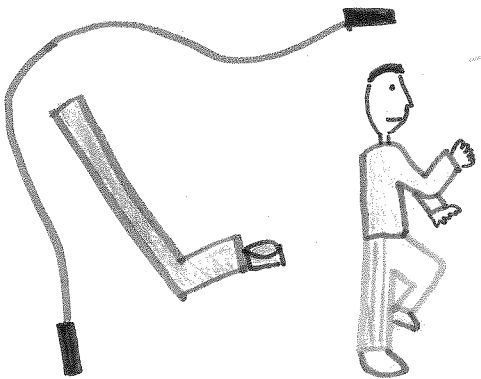


# 談健康

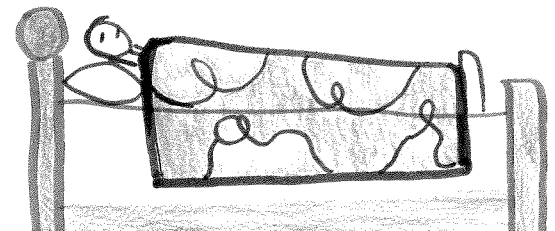
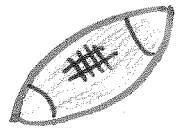


我們要有健康的身體  
 每天要早睡早起所以天天  
 有精神，我們應該日常做  
 運動。我每天起床和睡  
 覺之前要刷牙，去完洗手間  
 要洗手和吃食物之前都要  
 洗手。我要吃早餐、午餐和  
 晚餐，要吃肉類、水果、牛  
 奶和有營養的食物。

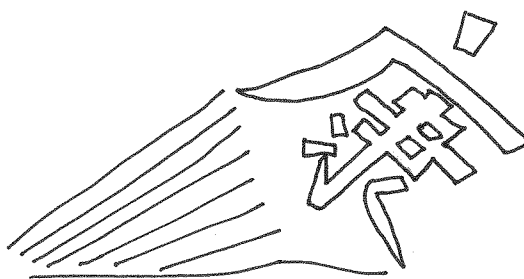
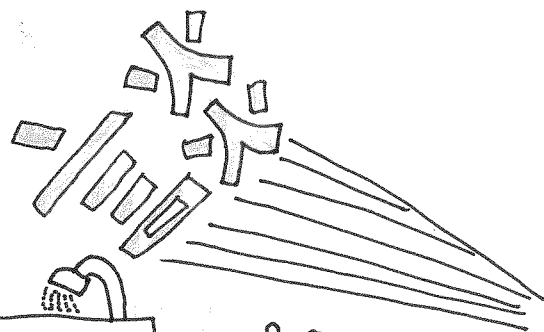


# 談健康

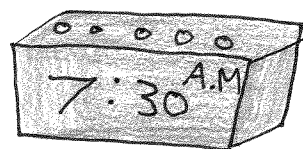
一個<sup>個</sup>人想有好身體，一定要注意衛生，飲食要有規律，多做運動，習慣保持食物衛生。清潔的環境及維護公共衛生也非常重要。保持身心愉快，注意飲食的營養，才有健康的體魄。



# 健康



老師教我們要早睡早起，多做運動，注意飲食的營養，才有健康的身骨豐。



保持身體清潔，我們每天要刷牙，洗臉，洗手和洗澡，頭髮要常梳洗，指甲要常修剪，衣物要常換洗。

