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<https://www.teacherspayteachers.com/Store/Littlered>

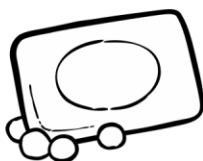
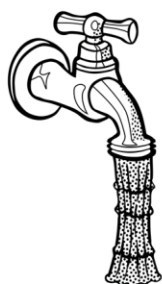
<https://www.teacherspayteachers.com/Store/Kari-Bolt-Clip-Art>

<https://openclipart.org/>

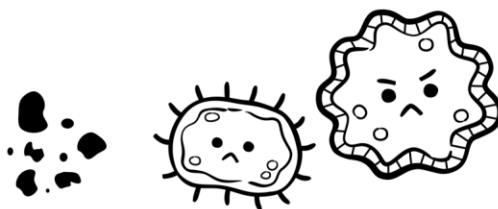


Ang Batang Malusog

Ang batang malusog ay naghuhugas ng mga kamay.



Tubig at sabon ang gamit niya.

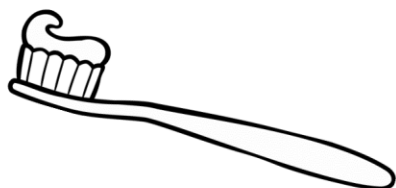


Wala na ang dumi at mikrobyo sa kanyang mga kamay.

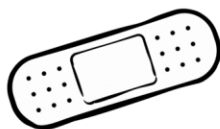


Ang kanyang mga kamay ay malinis na.
Naghuhugas ka ba ng mga kamay mo?

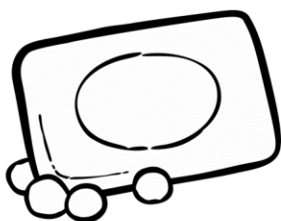
Kulayan ang mga bagay na ginagamit upang malinis ang mga kamay.



sipilyo



benda



sabon



aklat



sabon



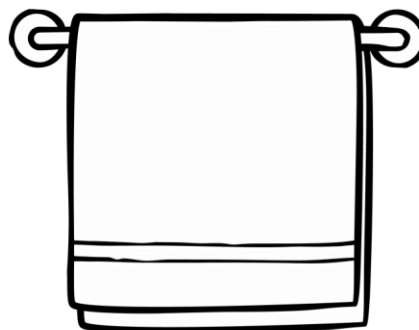
thermometer



hand sanitizer



espongha



tuwalya

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.



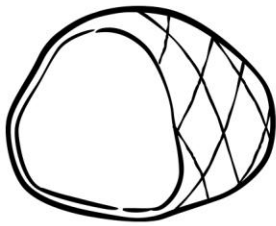
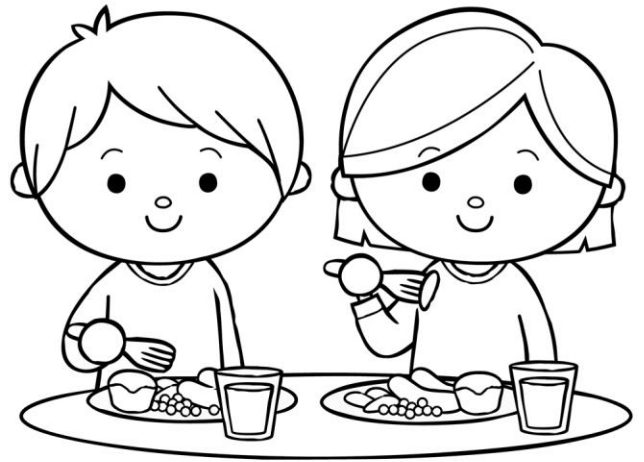
Ang mga sustansiya ay tumutulong sa kanyang paglaki at pag-iwas sa sakit.

Ang kanyang katawan ay malusog.



Kumakain ka ba ng mga pagkain na masustansiya?

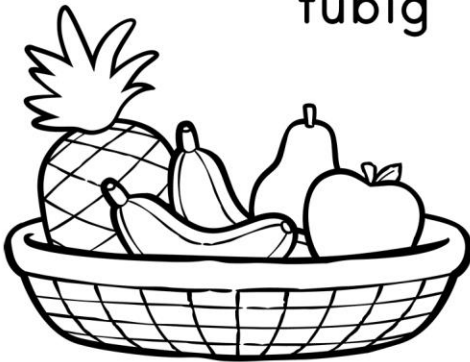
Kulayan ang mga
pagkain at inumin
na mabuti sa ating
katawan.



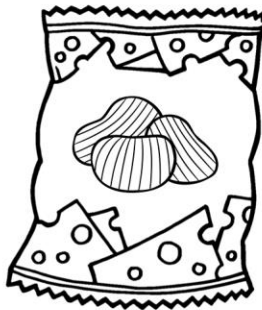
karne



tubig



prutas



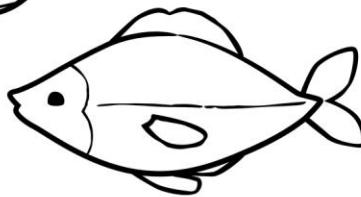
junk food



gatas



kendi



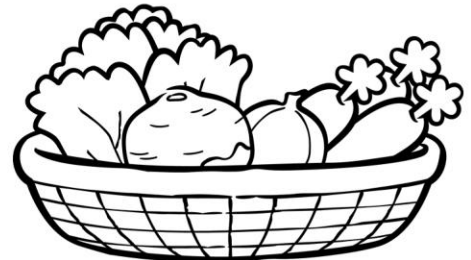
isda



softdrink



itlog



gulay

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 _____

Pagdugtong-dugtungan ang mga titik nang paalpabeto. Ano ang larawan na nabuo mo?

