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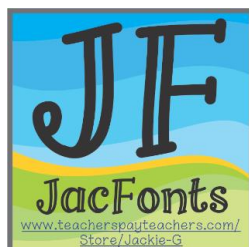
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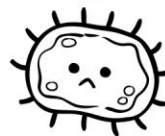
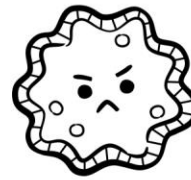
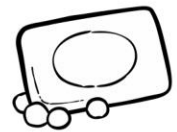


Ang Batang Malusog

Ang batang malusog ay naliligo araw-araw.

Naliligo siya sa banyo.

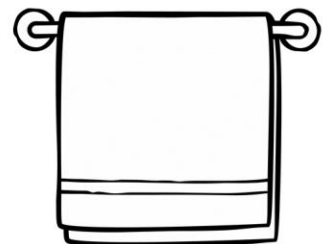
Tubig, sabon at shampoo
ang gamit niya.



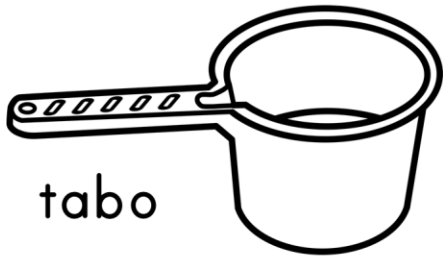
Wala na ang dumi at mikrobyo
sa kanyang buhok at katawan.

Ang kanyang buhok at katawan
ay malinis at mabango.

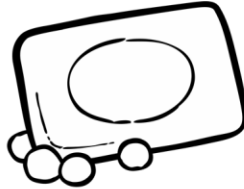
Naliligo ka ba araw-araw?



Kulayan ang mga bagay na ginagamit sa pagligo.



tabo



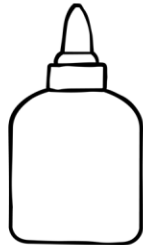
sabon



gunting



paso



pandikit



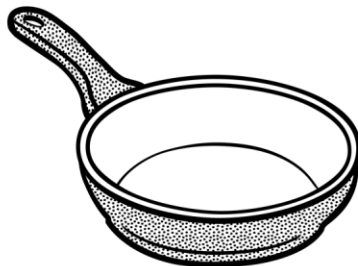
balde



body
wash



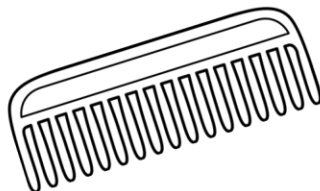
gamot



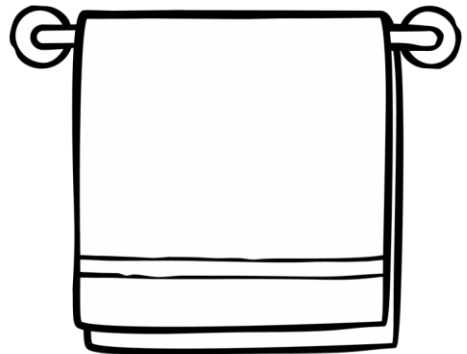
kawali



shampoo



suklay



tuwalya

Ang Batang Malusog

Ang batang malusog ay nag-eehersisyo.

Ang pag-eehersisyo ay nagpapalakas ng kanyang mga masel at buto.



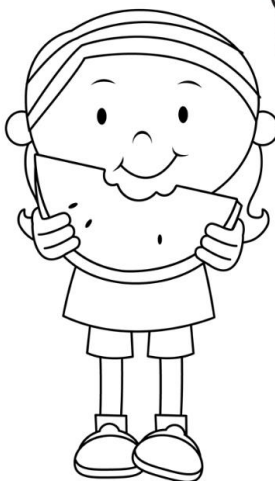
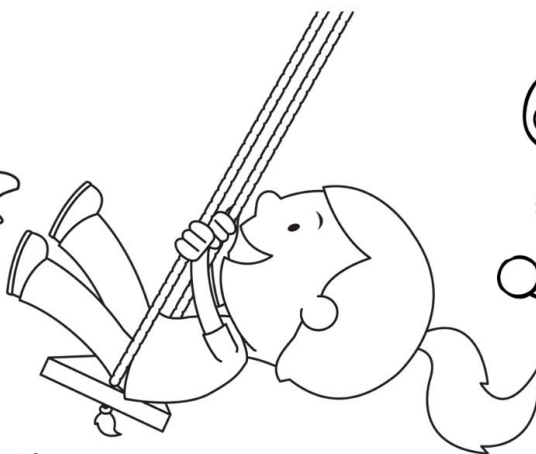
Ang pag-eehersisyo ay nagpapalakas rin ng kanyang puso at mga baga.



Ang aktibong paglalaro ay ehersisyo rin para sa katawan.

Ang katawan niya ay malakas at matibay.
Nag-eehersisyo ka rin ba?

Kulayan ang mga bata na nag-eehersisyo.

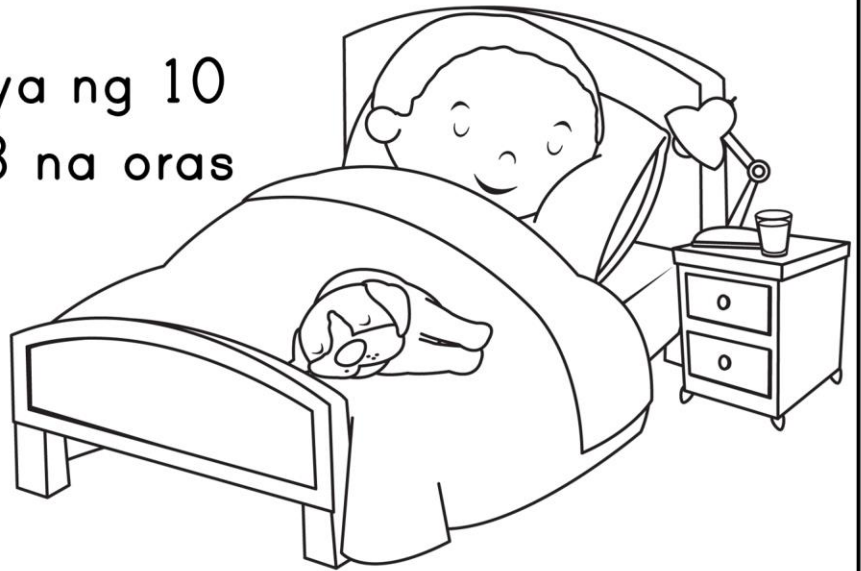


Ang Batang Malusog

Ang batang malusog ay natutulog.

Sa pagtulog napapahinga niya
ang kanyang katawan.

Kailangan niya ng 10
hanggang 13 na oras
ng pagtulog
araw-araw.



Kung siya ay may sapat na tulog,
malusog ang kanyang katawan.

Maayos ang kanyang pag-iisip.
Malayo siya sa sakit.
Maayos ang kanyang paglaki.



Sapat ba ang tulog mo araw-araw?

Ang Batang Malusog

Ang batang malusog ay natutulog.

Sa pagtulog napapahinga niya
ang kanyang katawan.

Kailangan niya ng 9
hanggang 11 na oras
ng pagtulog
araw-araw.



Kung siya ay may sapat na tulog,
malusog ang kanyang katawan.

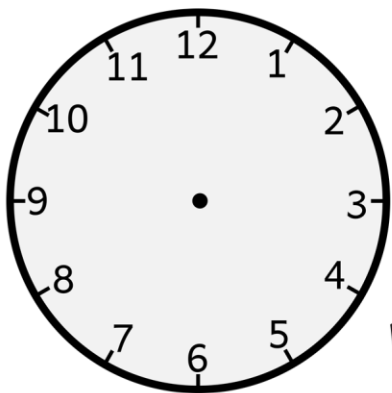
Maayos ang kanyang pag-iisip.
Malayo siya sa sakit.
Maayos ang kanyang paglaki.



Sapat ba ang tulog mo araw-araw?

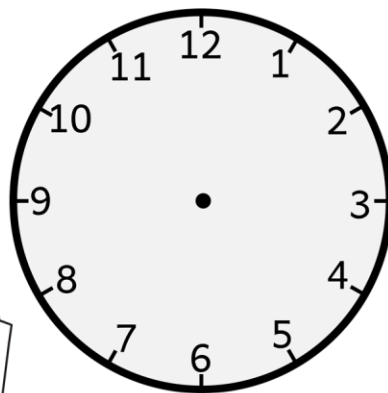
Pangalan _____ Petsa _____

Iguhit ang mga kamay ng orasan.
Isulat ang tamang oras sa patlang.



Oras ng aking
pagtulog

_____ : _____



Oras ng aking
paggising

_____ : _____

Kulayan ang kahon kung ito ay ginagawa
mo bago ka matulog sa gabi.

nagsisipilyo

nagsusuklay

nag-eehersisyo

nagsusulat

umiinom ng tubig

nagbabasa

nag-aaral

gumagamit ng banyo

naliligo

umiinom ng gatas

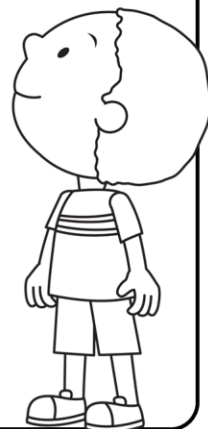
nagdarasal

naghihilamos

kumakain

naglalaro

nanonood ng TV

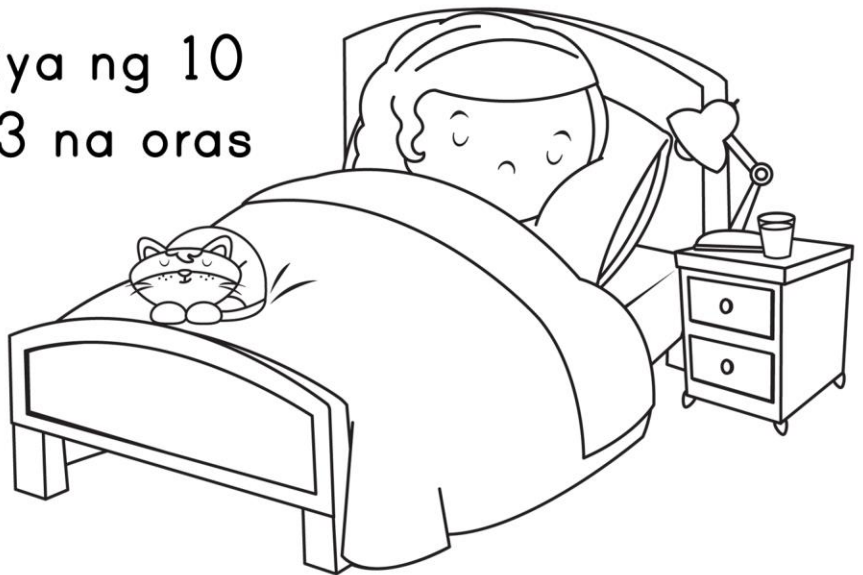


Ang Batang Malusog

Ang batang malusog ay natutulog.

Sa pagtulog napapahinga niya
ang kanyang katawan.

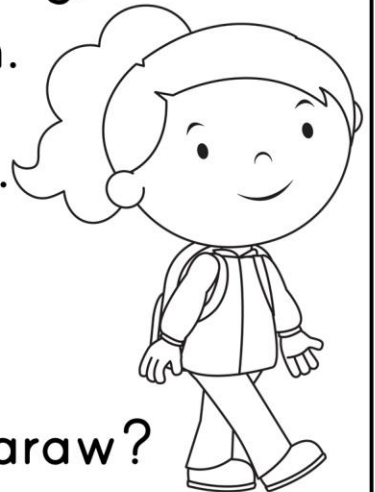
Kailangan niya ng 10
hanggang 13 na oras
ng pagtulog
araw-araw.



Kung siya ay may sapat na tulog,
malusog ang kanyang katawan.

Maayos ang kanyang pag-iisip.
Malayo siya sa sakit.
Maayos ang kanyang paglaki.

Sapat ba ang tulog mo araw-araw?



Ang Batang Malusog

Ang batang malusog ay natutulog.

Sa pagtulog napapahinga niya
ang kanyang katawan.

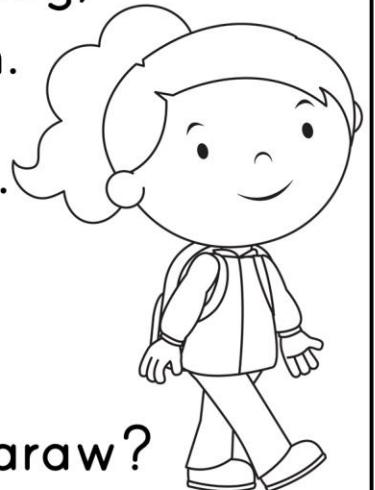
Kailangan niya ng 9
hanggang 11 na oras
ng pagtulog
araw-araw.



Kung siya ay may sapat na tulog,
malusog ang kanyang katawan.

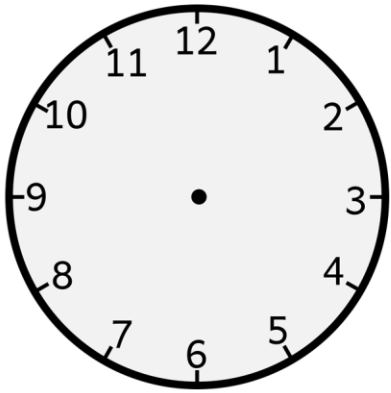
Maayos ang kanyang pag-iisip.
Malayo siya sa sakit.
Maayos ang kanyang paglaki.

Sapat ba ang tulog mo araw-araw?



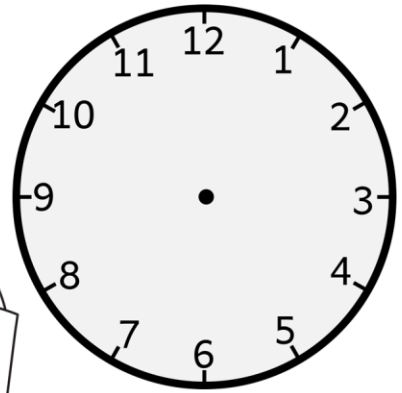
Pangalan _____ Petsa _____

Iguhit ang mga kamay ng orasan.
Isulat ang tamang oras sa patlang.



Oras ng aking
pagtulog

_____ : _____



Oras ng aking
paggising

_____ : _____

Kulayan ang kahon kung ito ay ginagawa
mo bago ka matulog sa gabi.

nagsisipilyo

nagsusuklay

nag-eehersisyo

nagsusulat

umiinom ng tubig

naghihilamos

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gumagamit ng banyo

naliligo

umiinom ng gatas

nagdarasal

nagbabasa

kumakain

naglalaro

nanonood ng TV

