

Taking Care of my Body

a kidcyber book



Ron Thomas & Shirley Sydenham

Taking care of my body means I should do these things.



I should eat healthy food.

Eating good food helps my body grow strong and healthy.

Exercise, play, and having fun, will keep my body strong and healthy.



Exercise keeps my whole body working better.

My body needs rest.



Sleeping for at least eight hours each night will keep me healthy.

I must keep my body clean.



Germs make us sick.

Washing my hands before I eat and after I have used the toilet will wash away germs.

A shower or bath each day cleans germs off my skin.



Brushing my teeth every day keeps them strong and healthy.



Brushing and combing my hair every day will keep it healthy and looking good.



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For accessible information about healthy food and a healthy body, for kids K – 6 go to

<http://www.kidcyber.com.au/food-my-body>