



# BRIDEATON HEALTHY POSTER



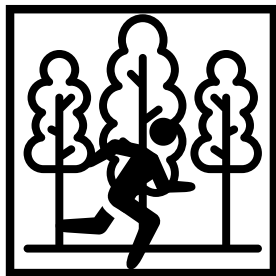
**DOs**



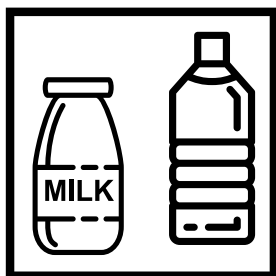
**I eat fruit.**



**I do exercise.**



**I go outside.**



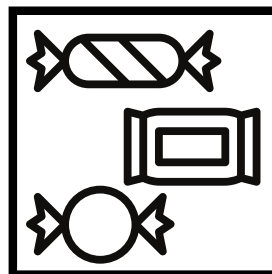
**I drink milk/water.**



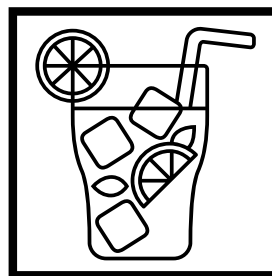
**DON'Ts**



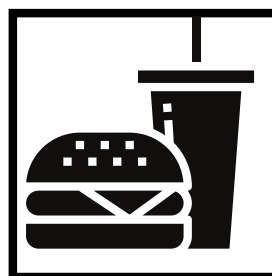
**I don't watch TV.**



**I don't eat sweets.**



**I don't drink  
lemonade.**



**I don't eat fast  
food.**



# MY HEALTHY POSTER



**DOs**



**DON'Ts**