







PM+

Taking Care of Ourselves

by Jeni Wilson and Sue Davis

Taking care of ourselves

There are many things
we can do
to keep well
and feel happy.

We can eat good food.
We can work and play.
And we can have
lots of fun.



For Review Only



We must
keep ourselves clean
and take care
of our bodies.

When we get tired, we need to rest.

At night, we should go to bed
and get lots of sleep.



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Eating good food

Good food
helps to keep us well.
Everyone
needs to drink
lots of water, too.





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DID YOU KNOW?

Milk helps to make our bones strong.



These foods are good for us.



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Time to eat

We should make time every day to eat well.



For review only

A good breakfast helps us
to work and play
all morning.
Then we won't get tired.





In the middle of the day,
we need to sit down
and eat our lunch.

At dinner time,
many families like
to eat together.



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