

To help our bodies and minds stay healthy and well,  
we can eat a balance of lots of different types of foods.  
It is very important to keep our body hydrated with  
lots of water as well.



Two plans can help us to understand the different  
types of foods that we can eat.



# Healthy Body and Mind



ink saving Eco

# Tell Me Whya Healthy Body

**Mike Jess**



**Tell Me Whya Healthy Body:**

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