

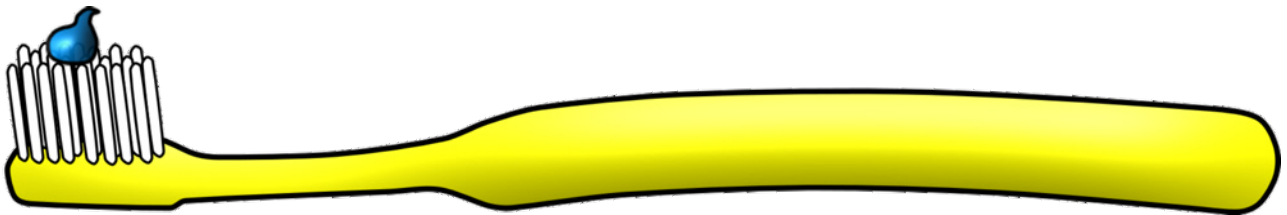
Eet vrugte



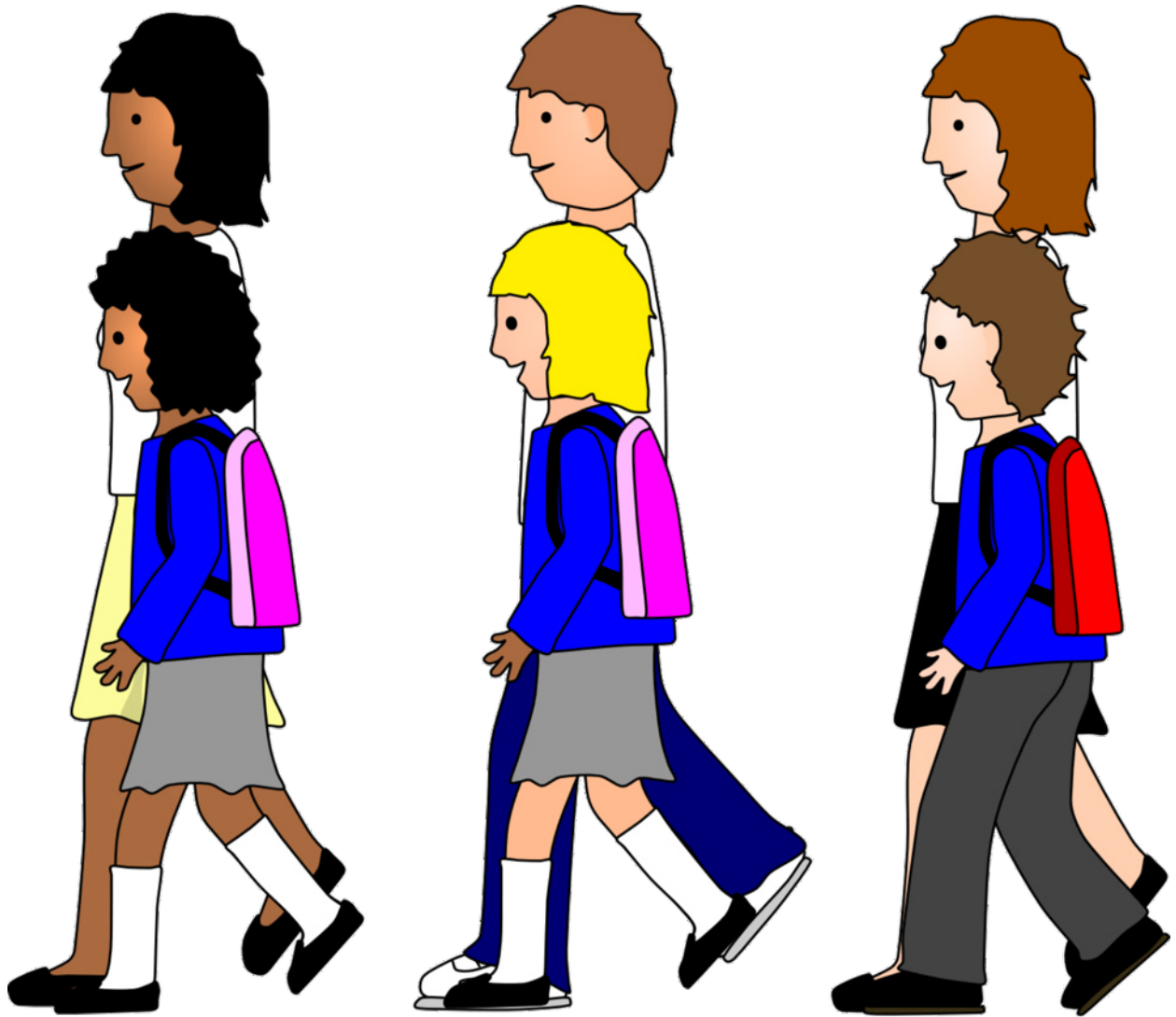
Eet groente



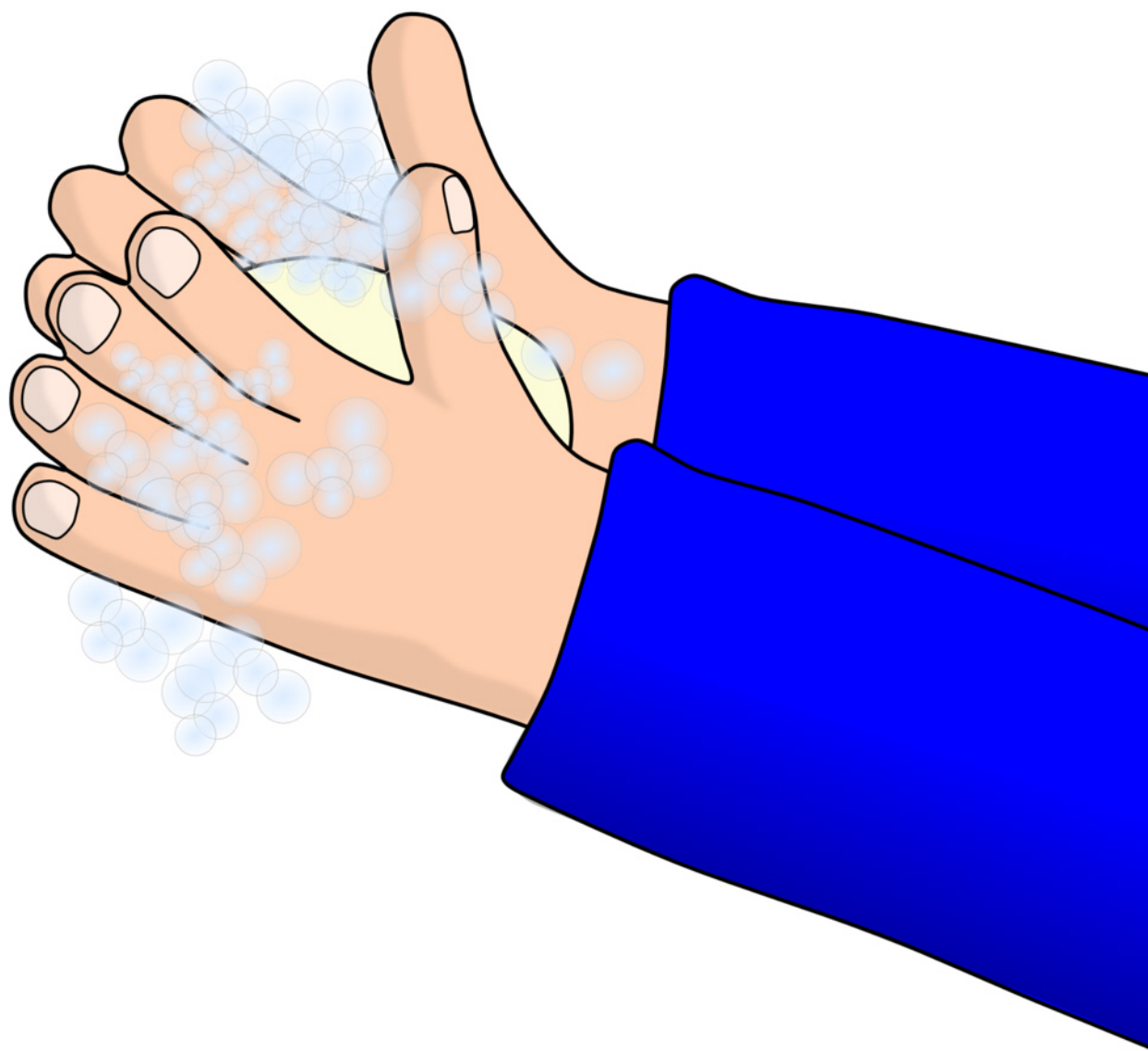
Doen oefeninge



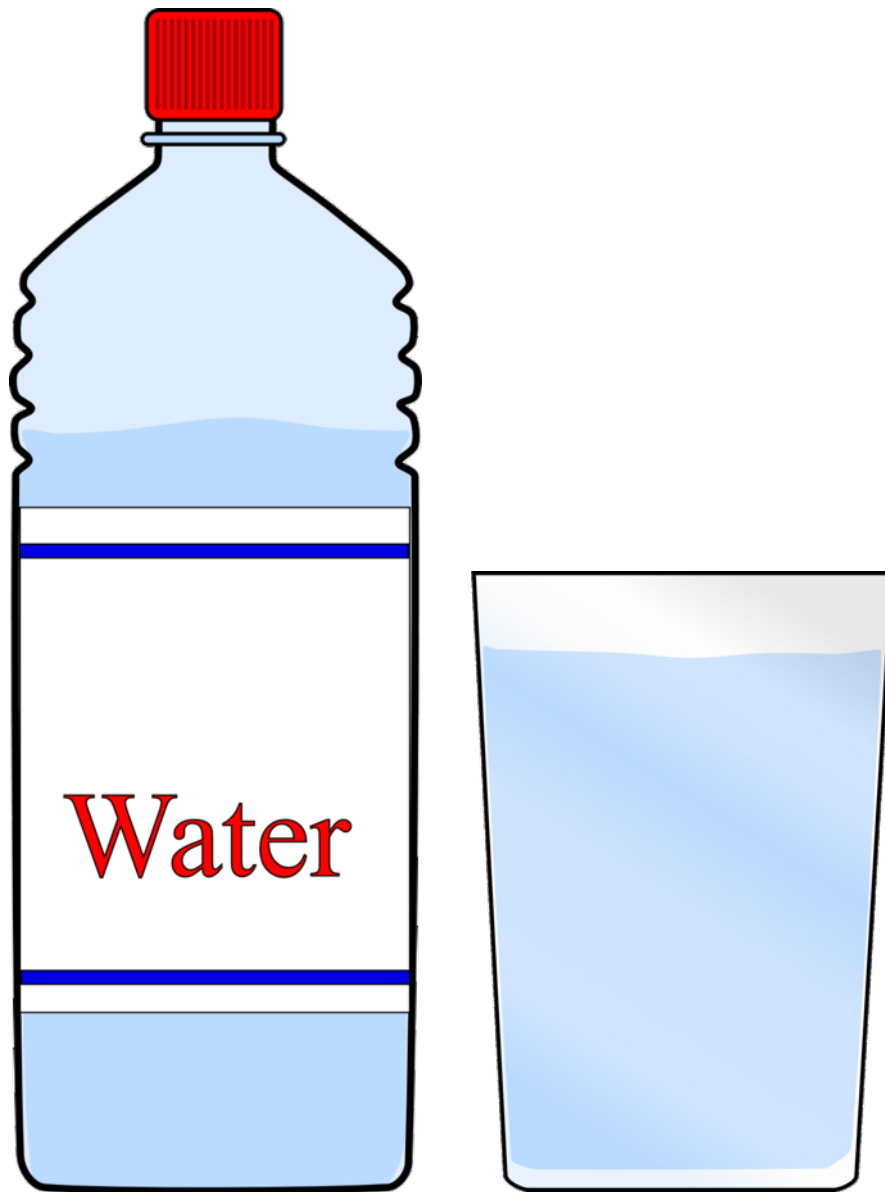
**Borsel jou tande
2 maal per dag**



Stap skool toe



**Was jou hande
voor etes**



Drink baie water