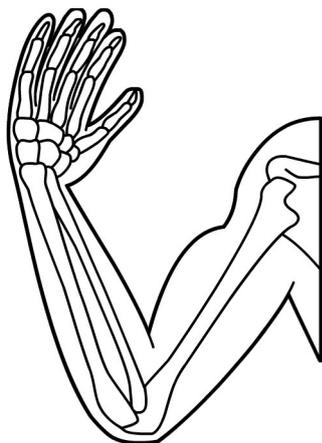


Healthy eating

Name: _____

Milk helps us grow strong bones and healthy teeth. We should have milk, maas or yoghurt every day to stay healthy.

Look at the pictures and complete the sentences.



1. Milk builds strong _____



2. We should have yoghurt, maas or _____ every day.



3. Milk also helps keep our _____ healthy.

