

BE CLEAN

Name

Address

of School Grade

HEALTH RULES

1. Wash your hands before eating.
2. Clean your teeth night and morning.
3. Put nothing in your mouth except food and drink.
4. Drink milk every day.
5. Eat fruit, and green, leafy vegetables every day; they are body builders.
6. Do not eat between meals, it is unhealthy.
7. Play out of doors every day and be strong.
8. Keep your head up and your chest out when sitting, standing or walking.
9. Bathe in warm water at least once a week.
10. Sleep with the bedroom window open.
11. Put your handkerchief to your mouth when coughing or sneezing.
12. Have regular toilet habits.

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BE CAREFUL