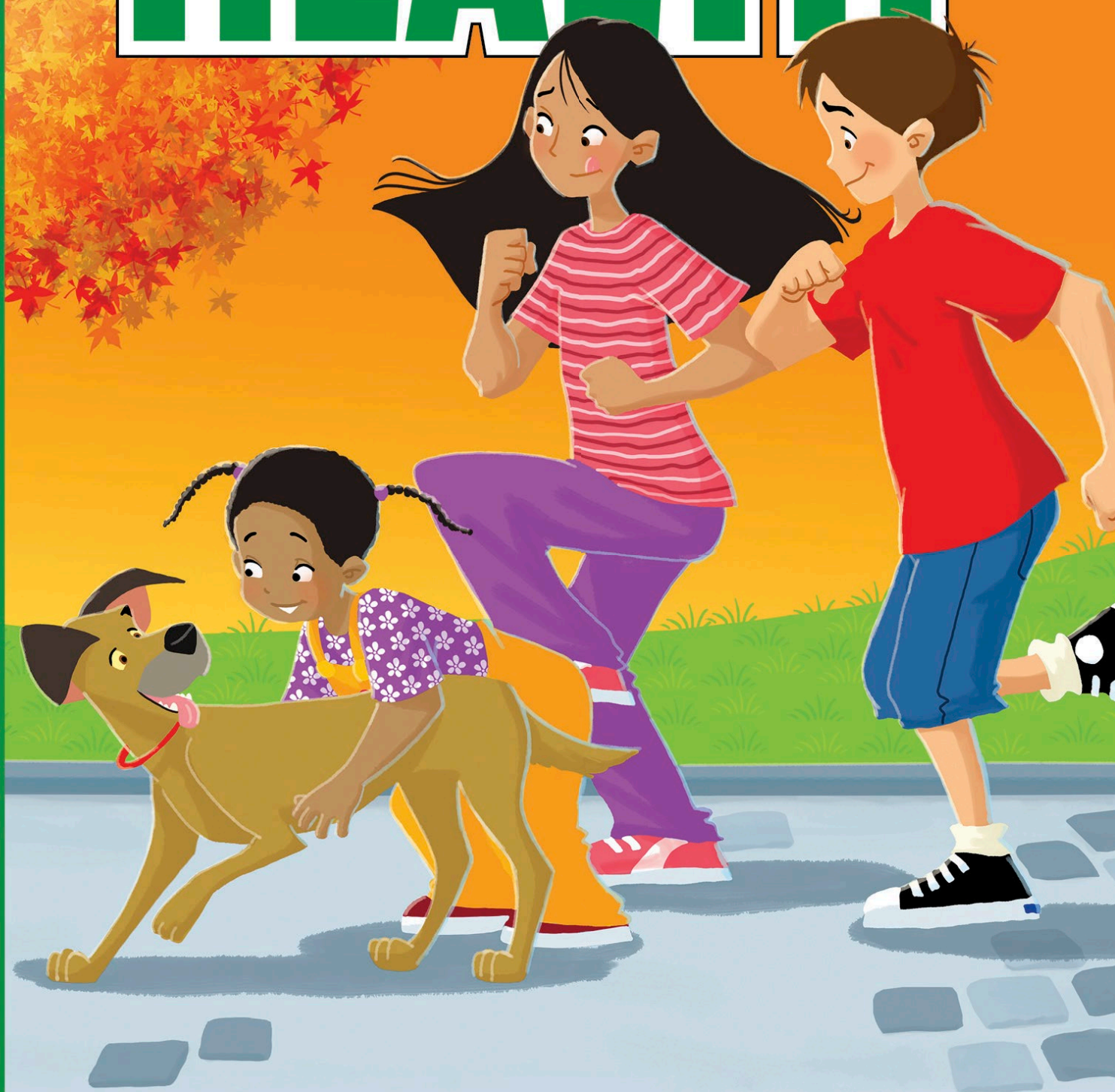


My First Book about **HEALTH**



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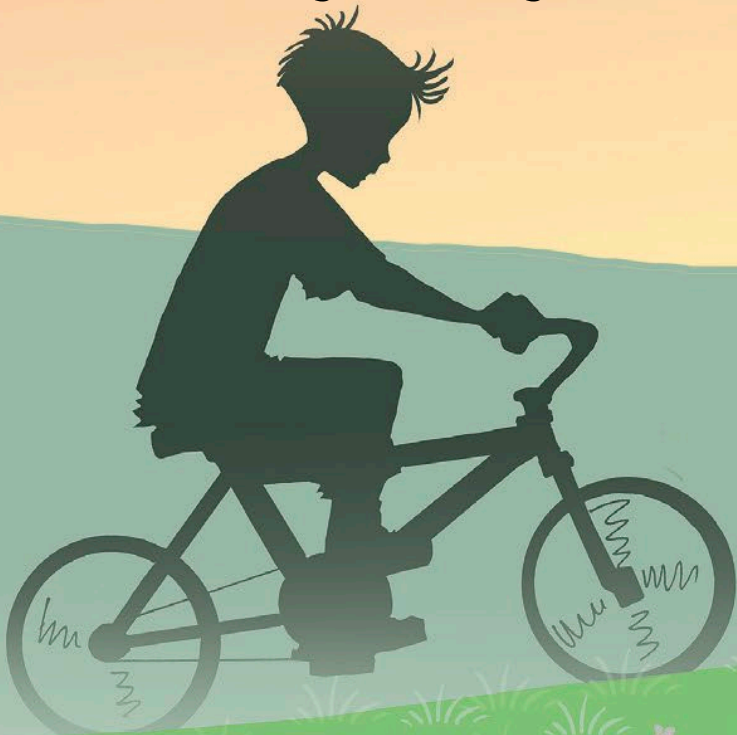
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Life Is Movement

All living beings in this world have been created for movement. See how the animals run through the countryside!

Let's move like a bunny!
Jump to the right and then to the left.
Now, as fast as you can!

To be able to move, you need to eat healthy foods such as those prepared for you at home.

So Many Types of Foods!

All are important. Bread and rice give you energy for the whole day.

Let's jump.

Fruits and vegetables have vitamins and minerals to make you healthy and strong.

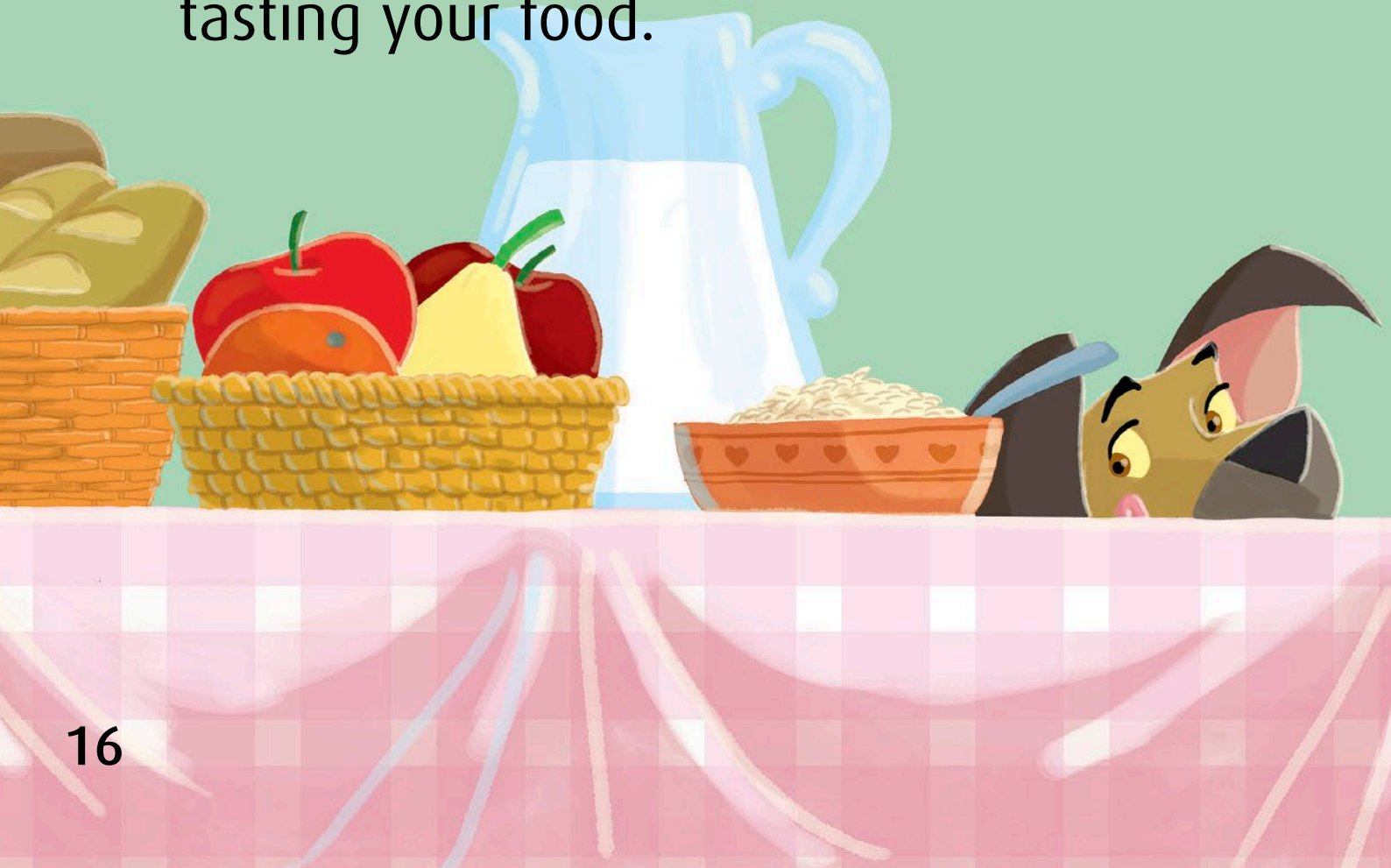


Time to Eat!

Mom and Dad prepare food for you in the morning, in the afternoon, and in the late afternoon. Eat all the food on your plate. Your body needs it.

Let's pretend we are eating our delicious foods!

Give thanks to Jesus before tasting your food.





How Much Should I Eat?

Have breakfast like a king (abundant)

Have lunch like a prince (sufficient)

Have dinner like a beggar (light)

Let's imitate a king! Then, a prince!

Finally, a beggar!

Water Protects You on the Inside

Do not forget to drink plenty of water every day. Your body needs it.

Avoid sugar-sweetened soft drinks!

They do not replace water.

Let's pretend we are drinking water. Water is so delicious!



It Is Time for a Bath!

Believe it or not, many children do not like to bathe. Some hide from their moms or become very upset when parents try to get them to take a bath. For example, Pepo is not very happy when it's his turn to bathe.

Let's call Pepo for his bath! Pepo, it's time to take a bath! Let's call again. There is no response.

The Sun Is My Friend

The sun is very important for life and for having good health.

Let's pretend we are sunbathing!
Lie on the floor. Then, stand up.

However, we also need to be careful with it.
It is better to avoid sunbathing between
11:00 AM and 3:00 PM.



Use the Good Things Wisely

Temperance means doing everything that is good in moderation and staying away from everything that is bad.

The good things must be used carefully; otherwise, you can ruin them.

Jump five times and rest for ten seconds.
Again. That's it!





Stay Away from the Bad Things!

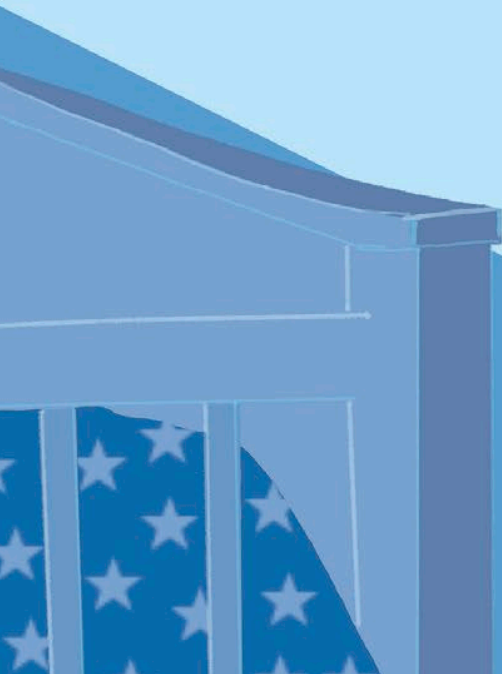
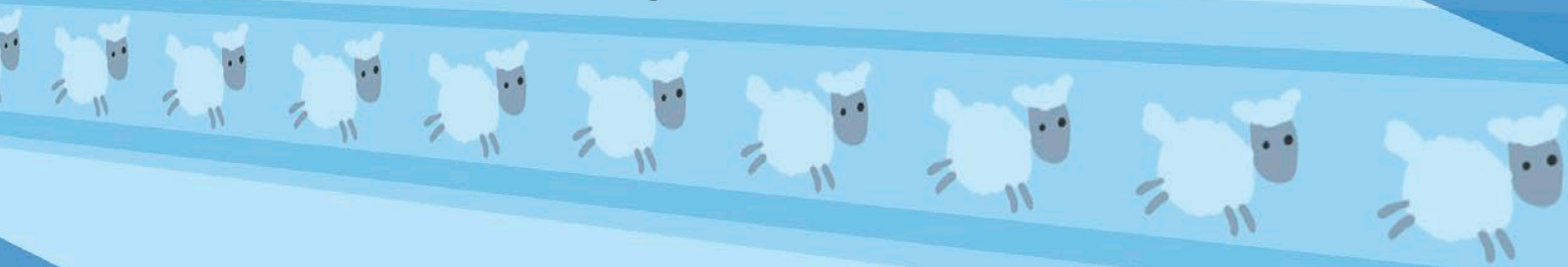
Alcohol is a substance that has a negative effect on different parts of the human body.

It Is Time to Rest Now!

Children should sleep at least ten hours a day. It is also very important to go to bed and wake up at the same times.

Let's lie down to go to sleep!
How good!

It is not good to watch movies or television programs at night because it disrupts sleep, and you can have nightmares.



The Secret of Tranquility

Air is very important for your body. Breathing properly helps you to feel better. It promotes appetite and helps you to sleep well.

Slowly inhale through the nose to fill the lungs. Hold the air for about three seconds. Then, slowly exhale.

The Importance of Faith in God

Faith in Jesus benefits good health. Say your daily prayer, study the Bible and go to church. It will all help you to love and respect the people close to you.





Childhood is the best time to share the great teachings of life. For that reason, the Bible says: *"Start children off on the way they should go, and even when they are old they will not turn from it"* (Prov. 22:6, NIV).

While sharing these readings with your children, you will have a great opportunity to instruct them in an enjoyable way about some basic principles of health, which will be very important throughout their lives. There is no one better than you to flavor with love this kind of teachings.

0-4 years old



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