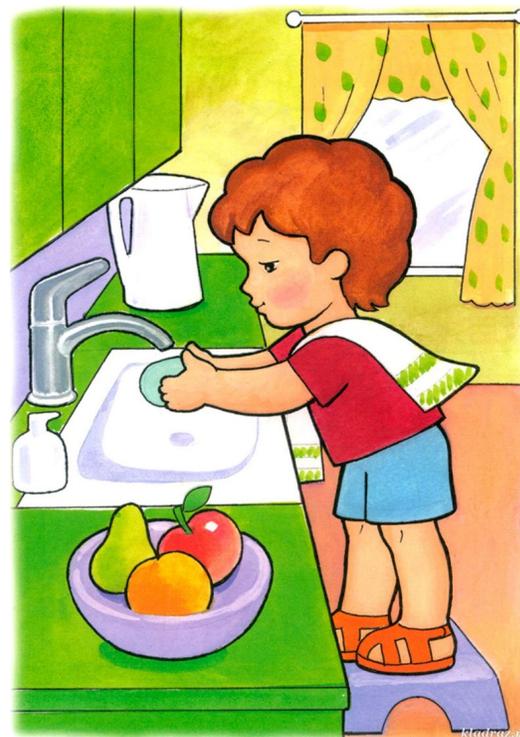


**Здоровый
образ
жизни**



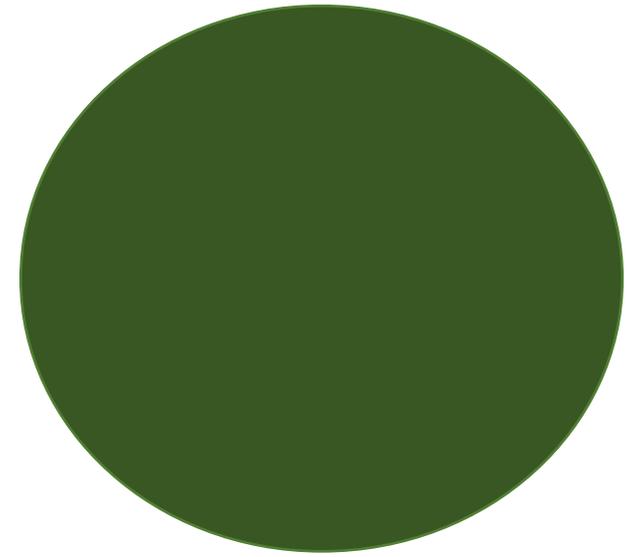
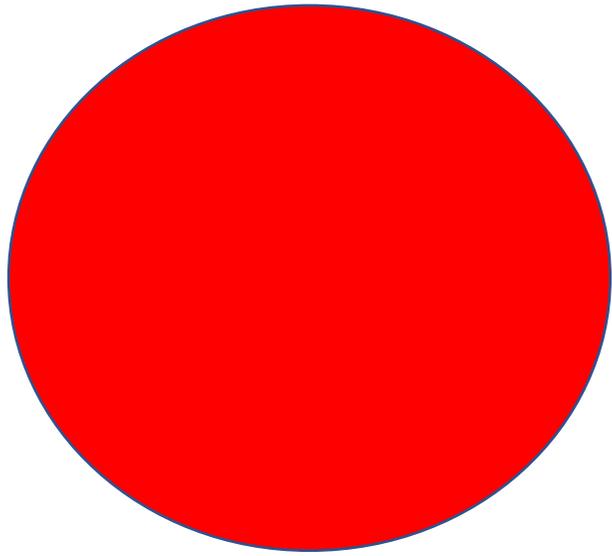


РЕЖИМ
ПИТАНИЯ

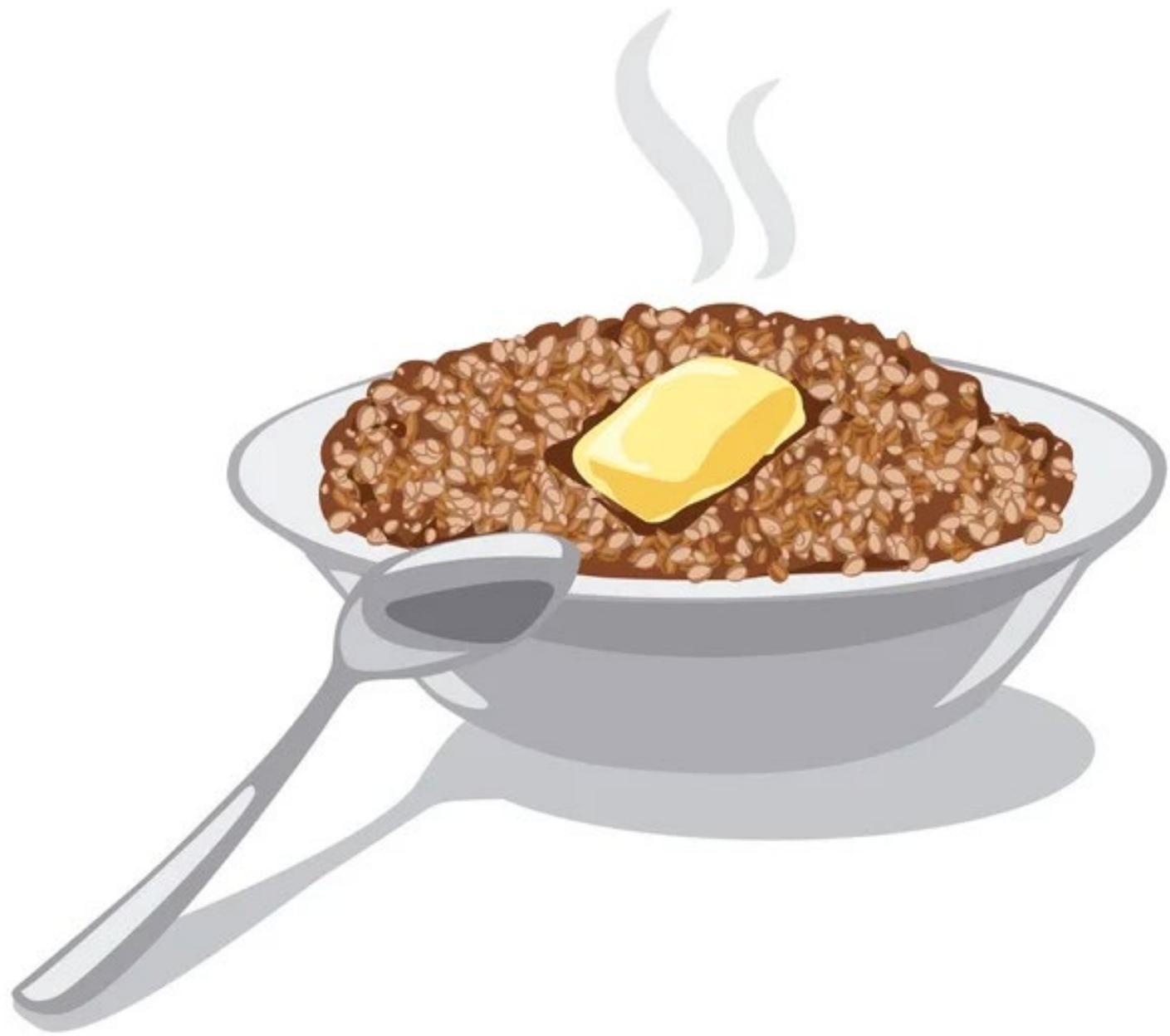
**Вопрос-ответ:
повторим, что
такое прием
пищи**

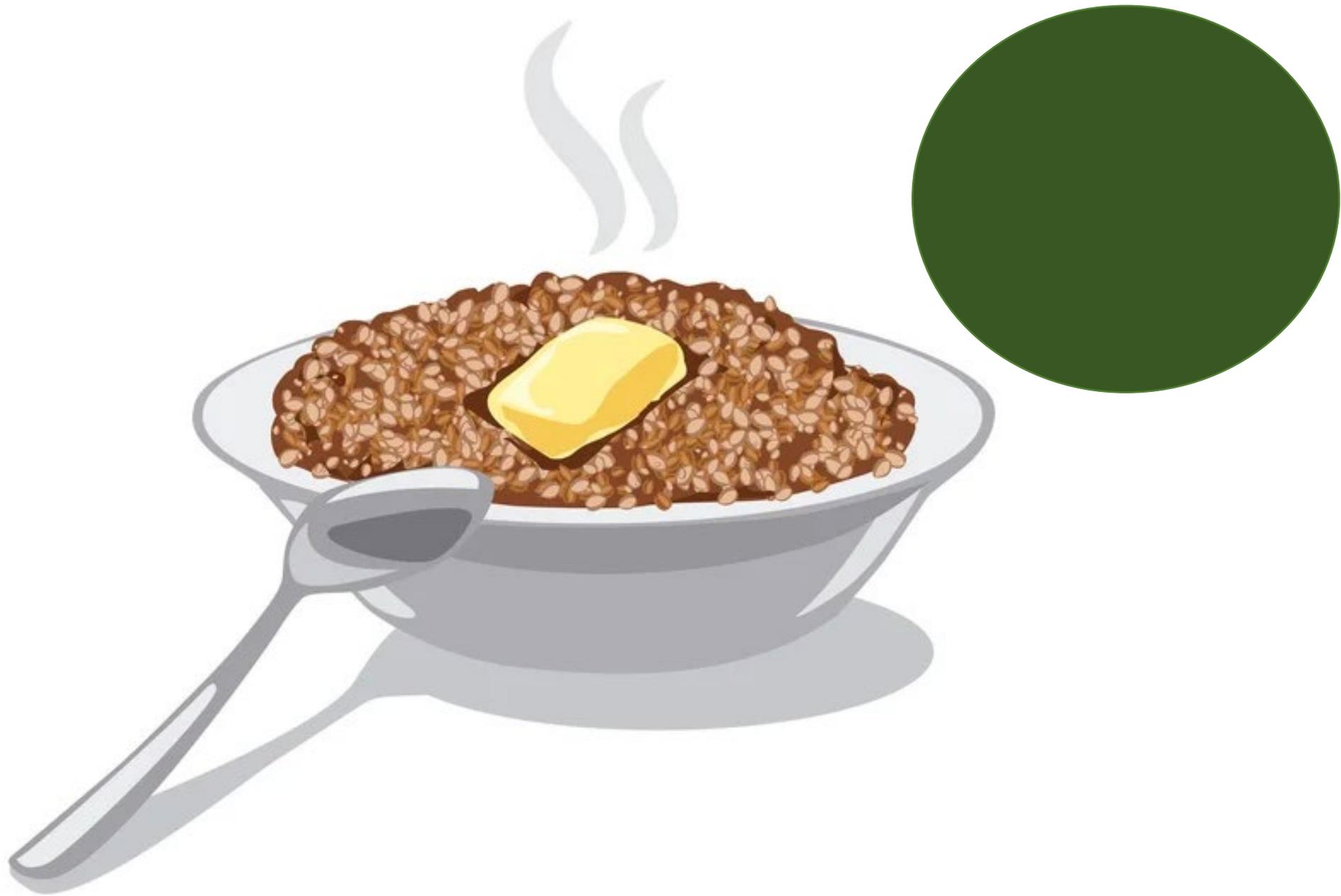
ПРАВИЛЬНЫЙ
ПЕРЕКУС



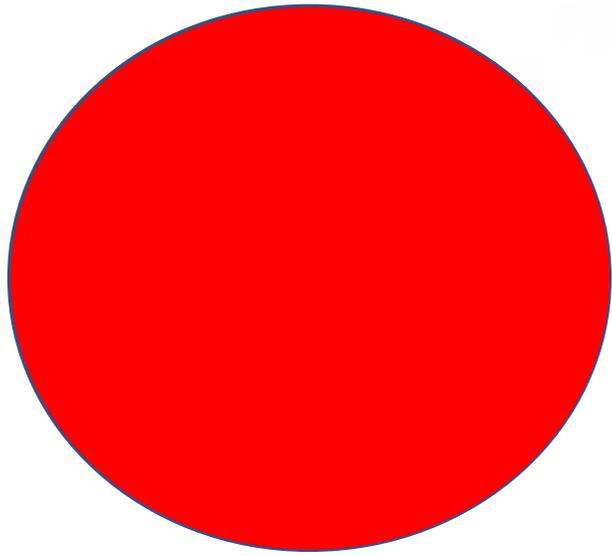


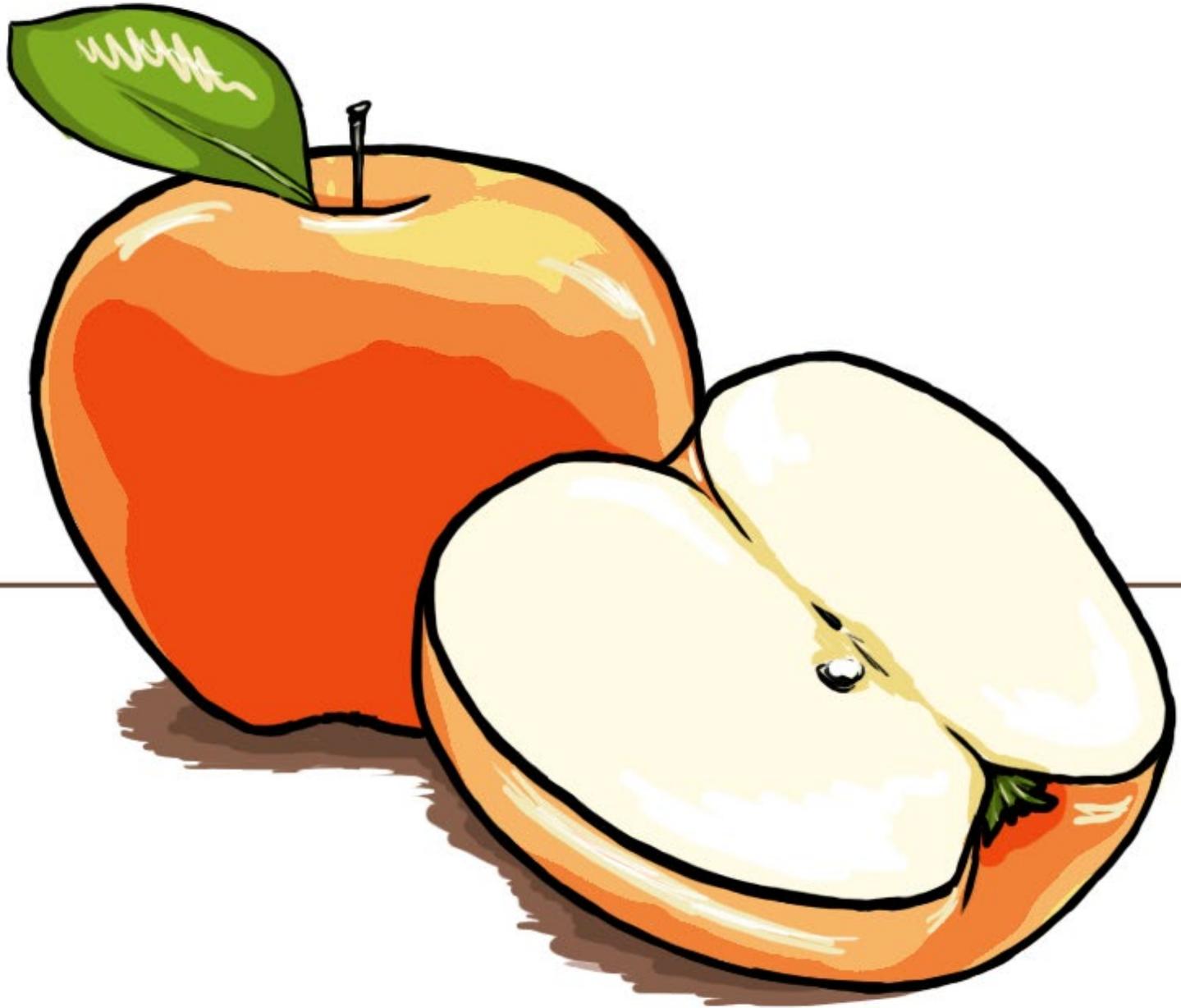
ИГРА:
ПОЛЕЗНЫЙ
ПЕРЕКУС

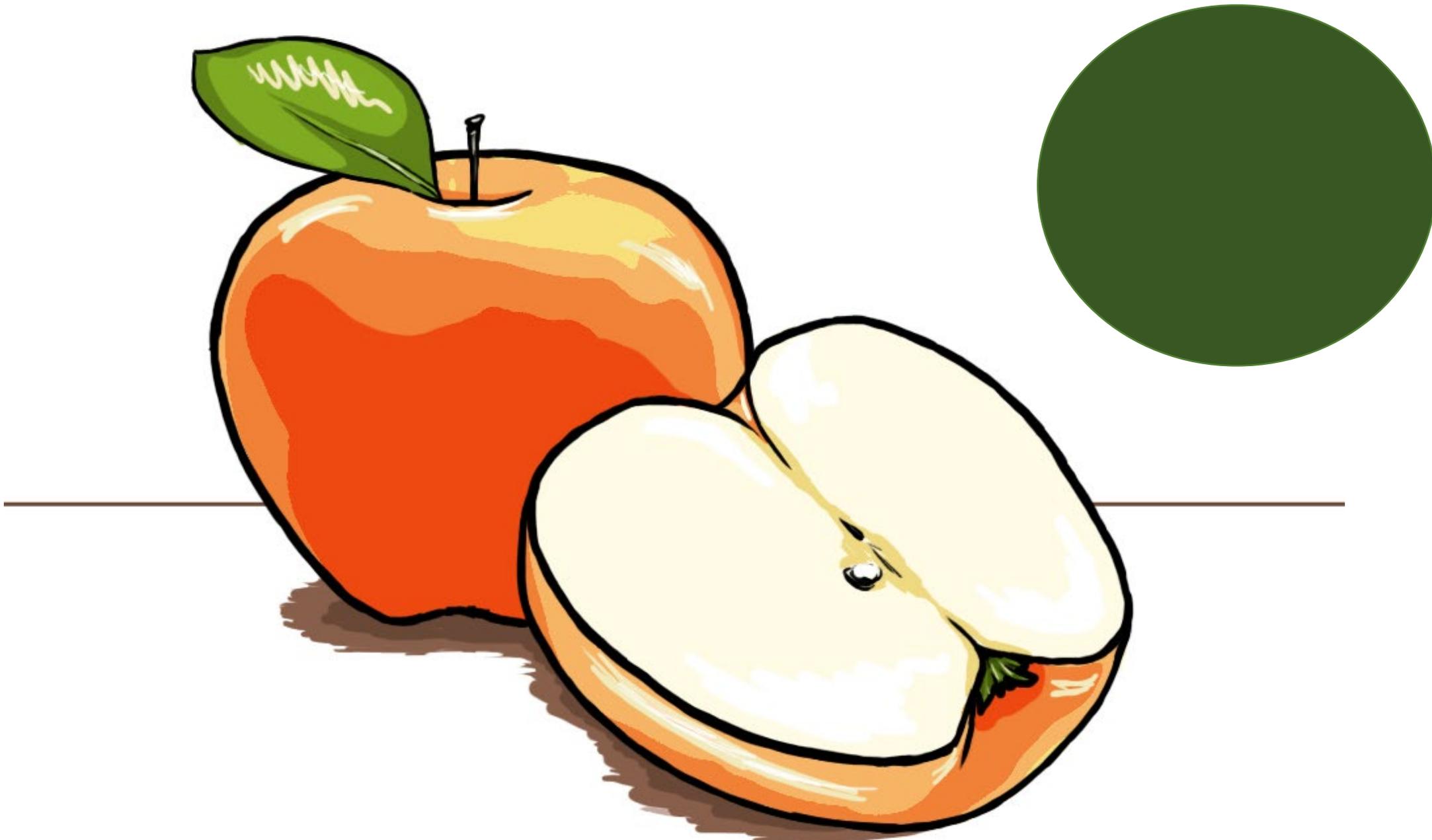




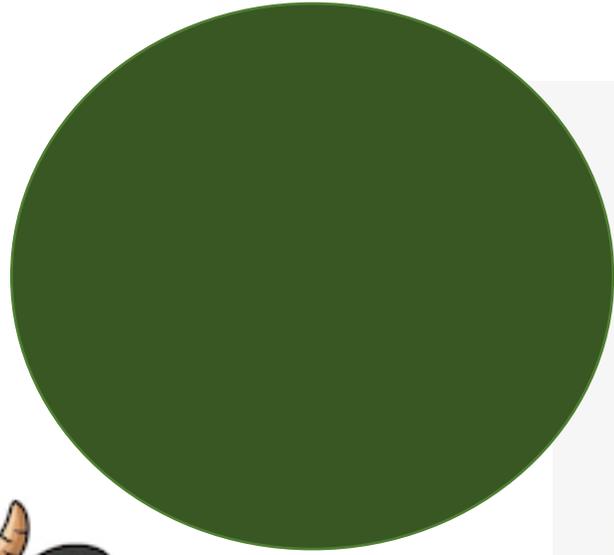




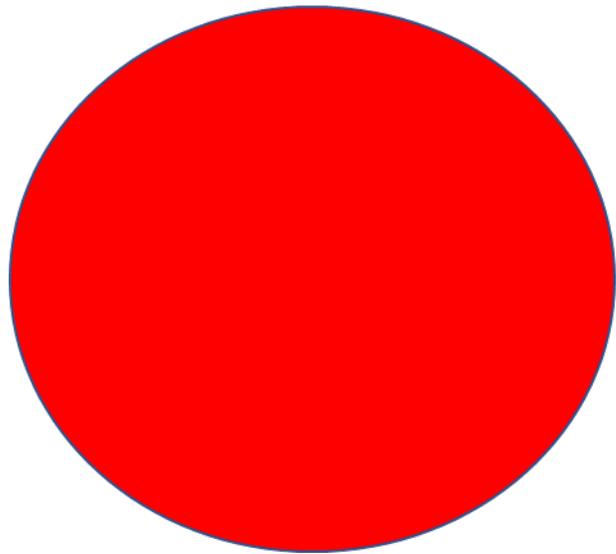




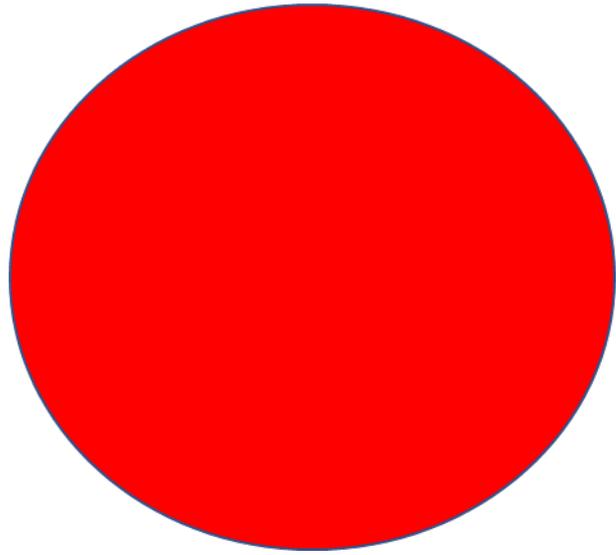




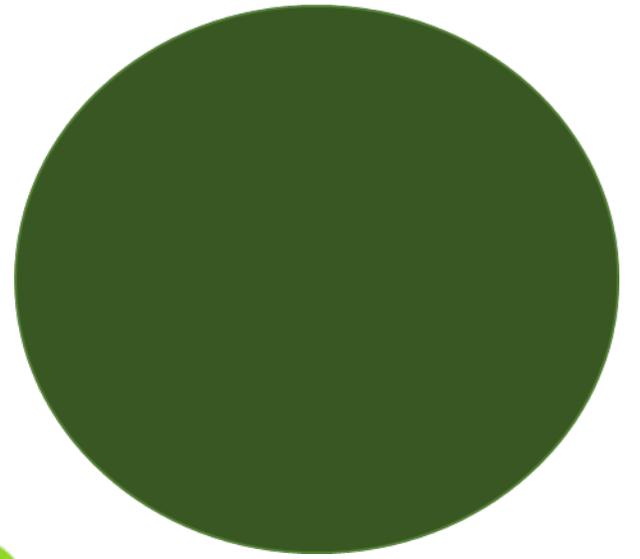


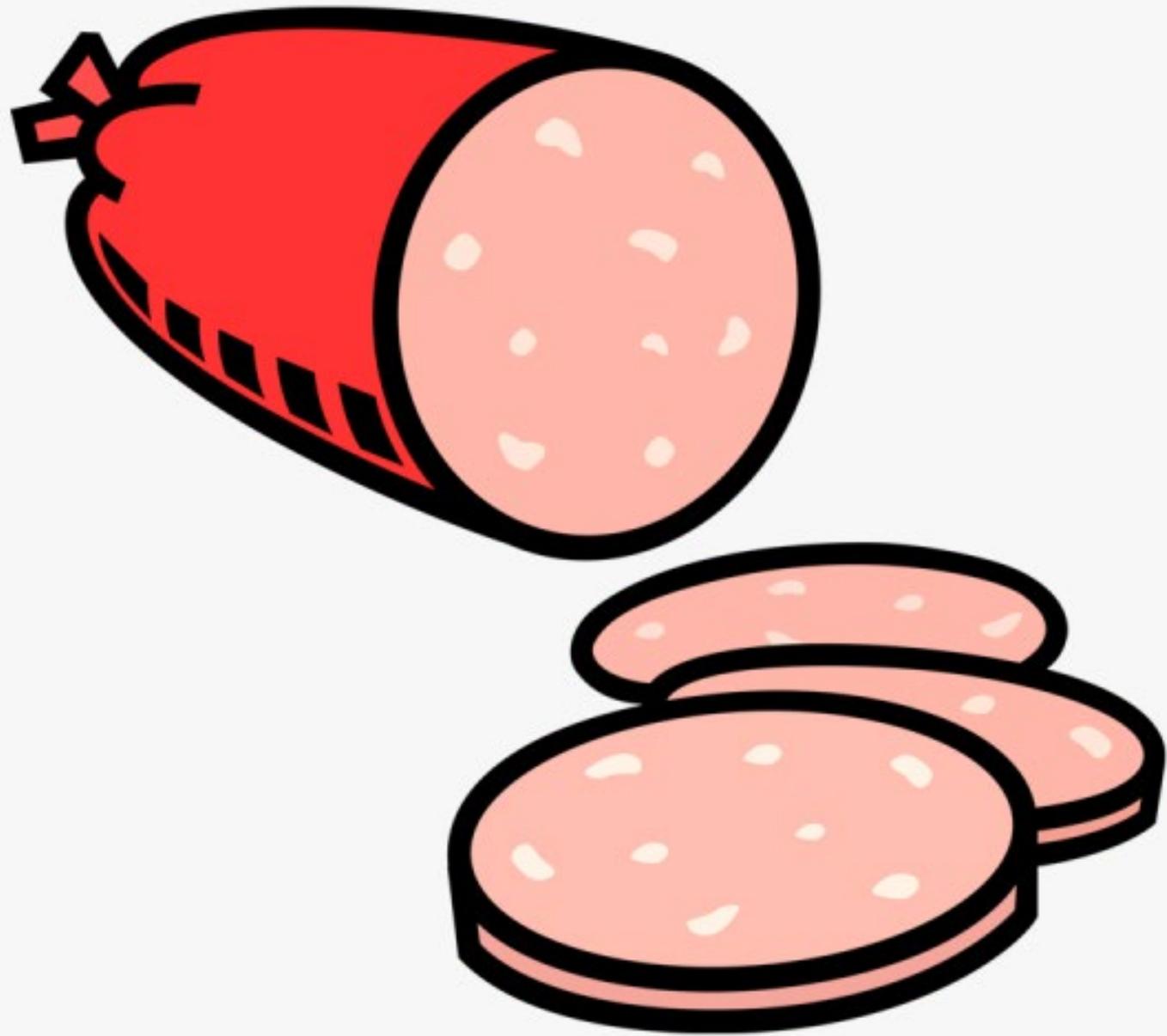


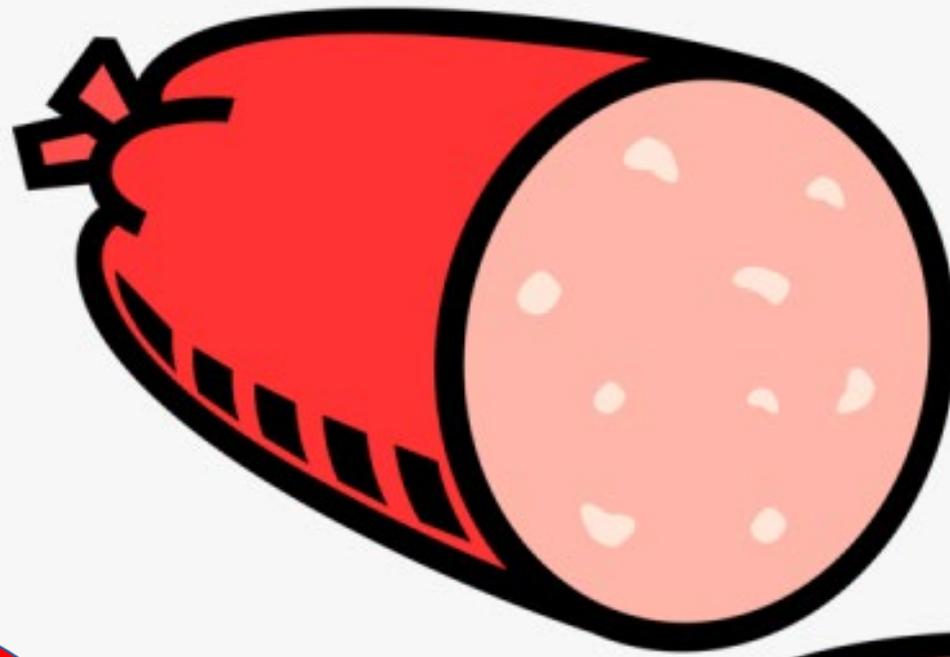
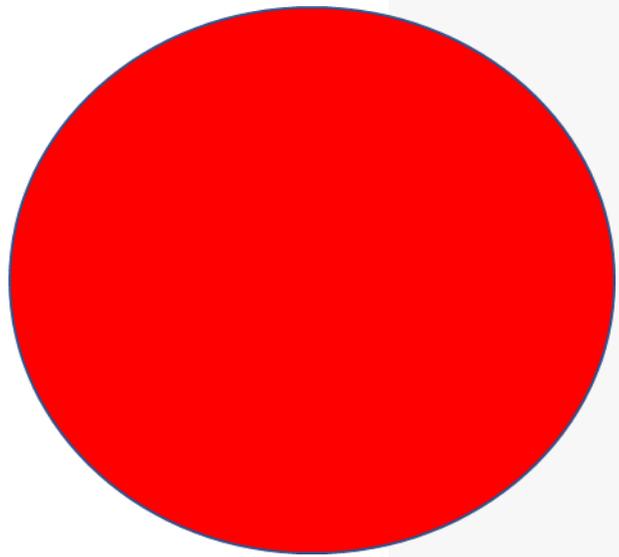


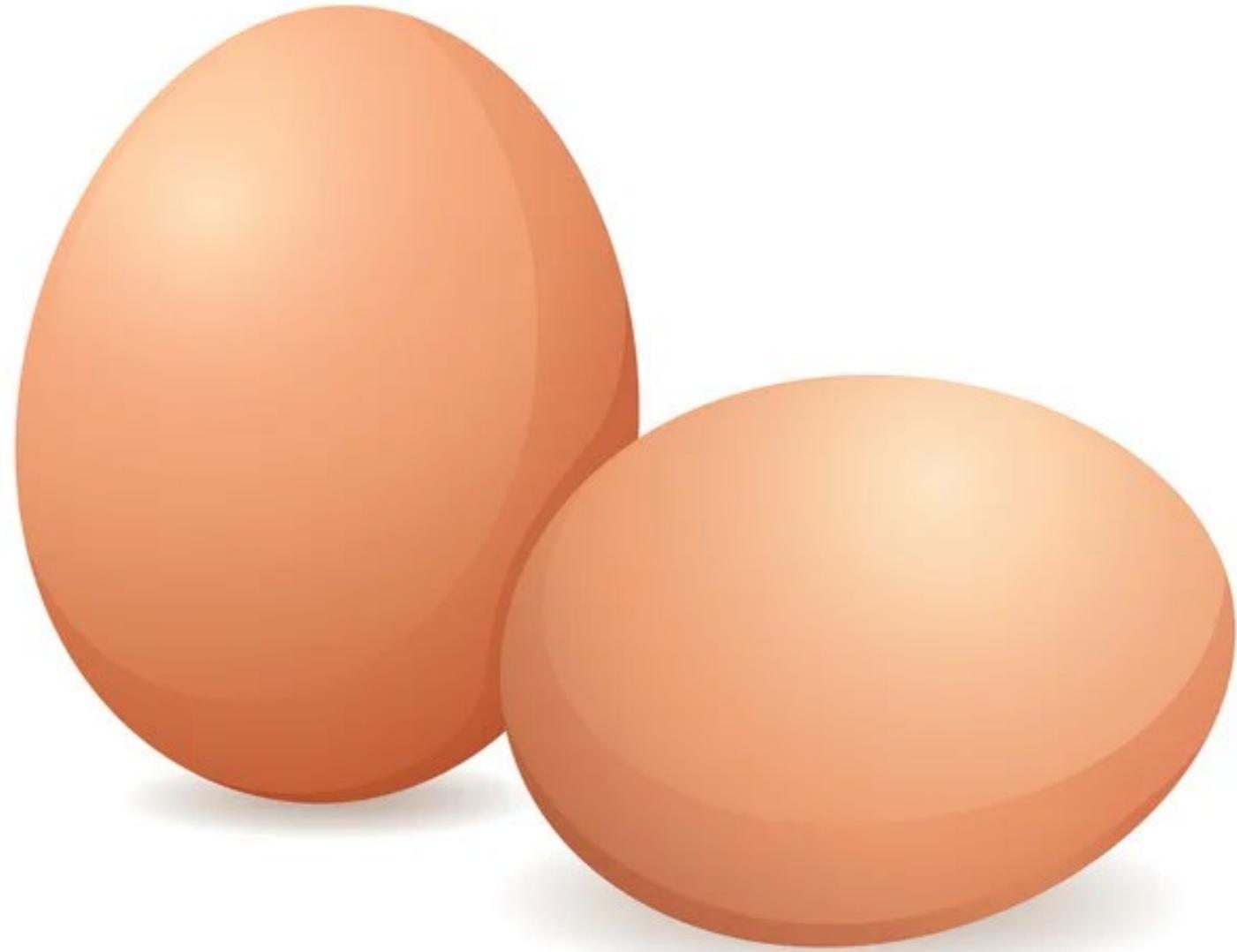


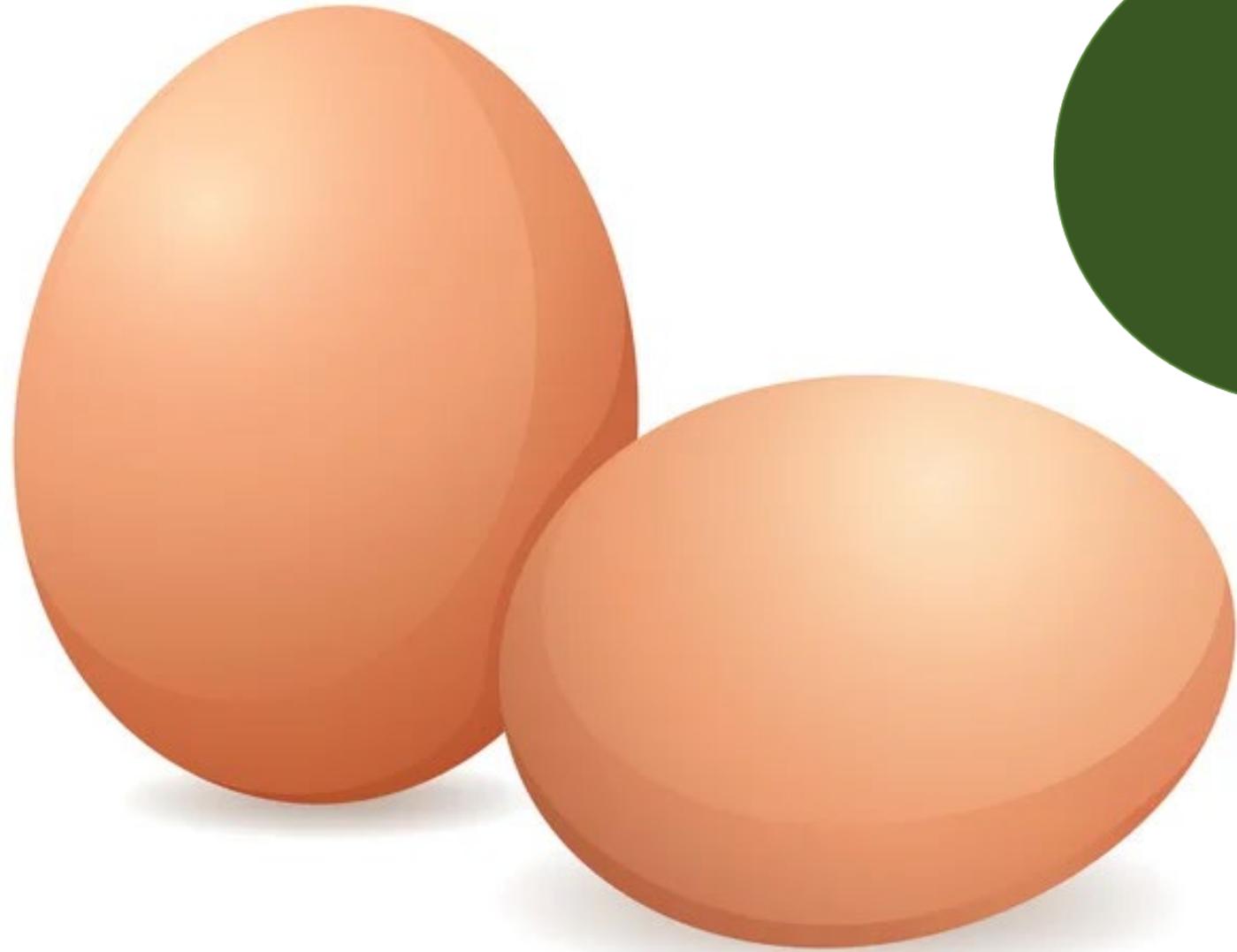


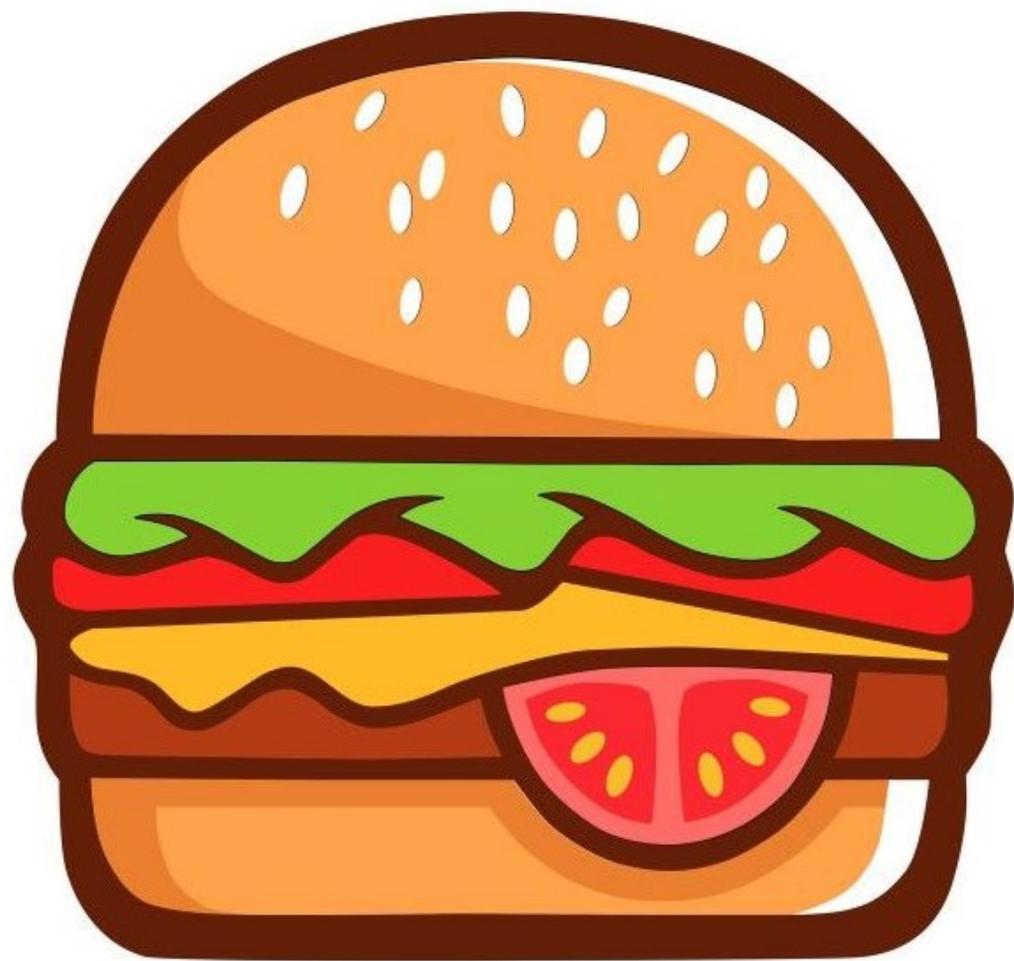


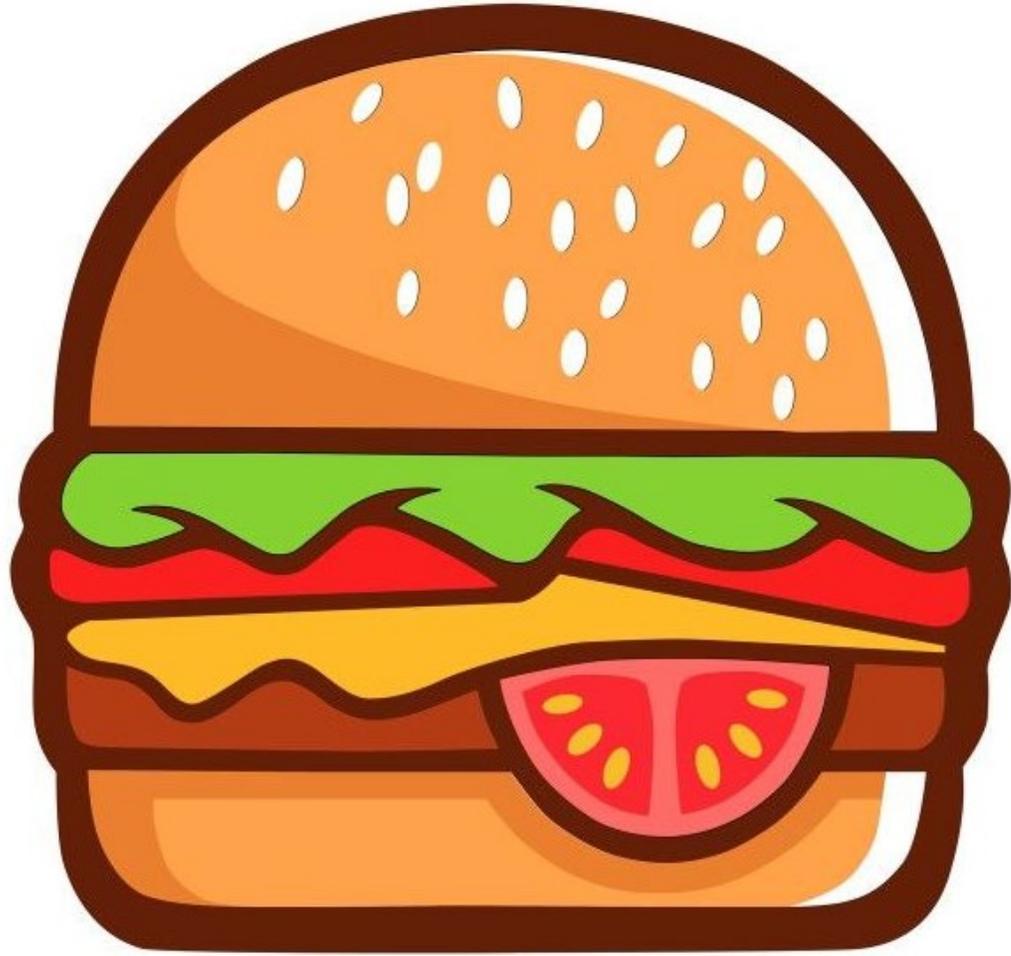
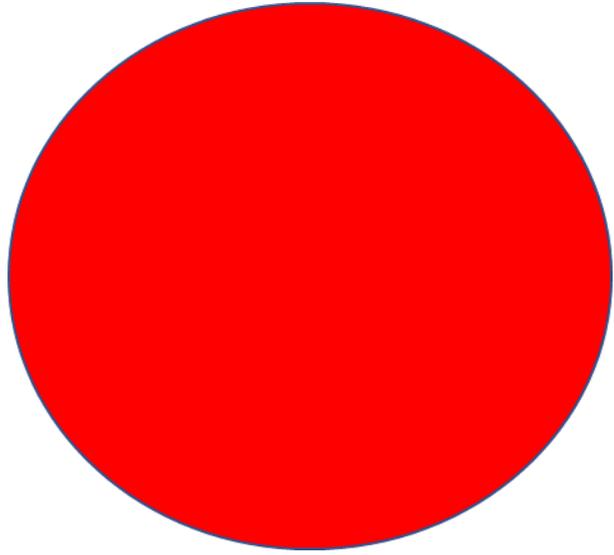


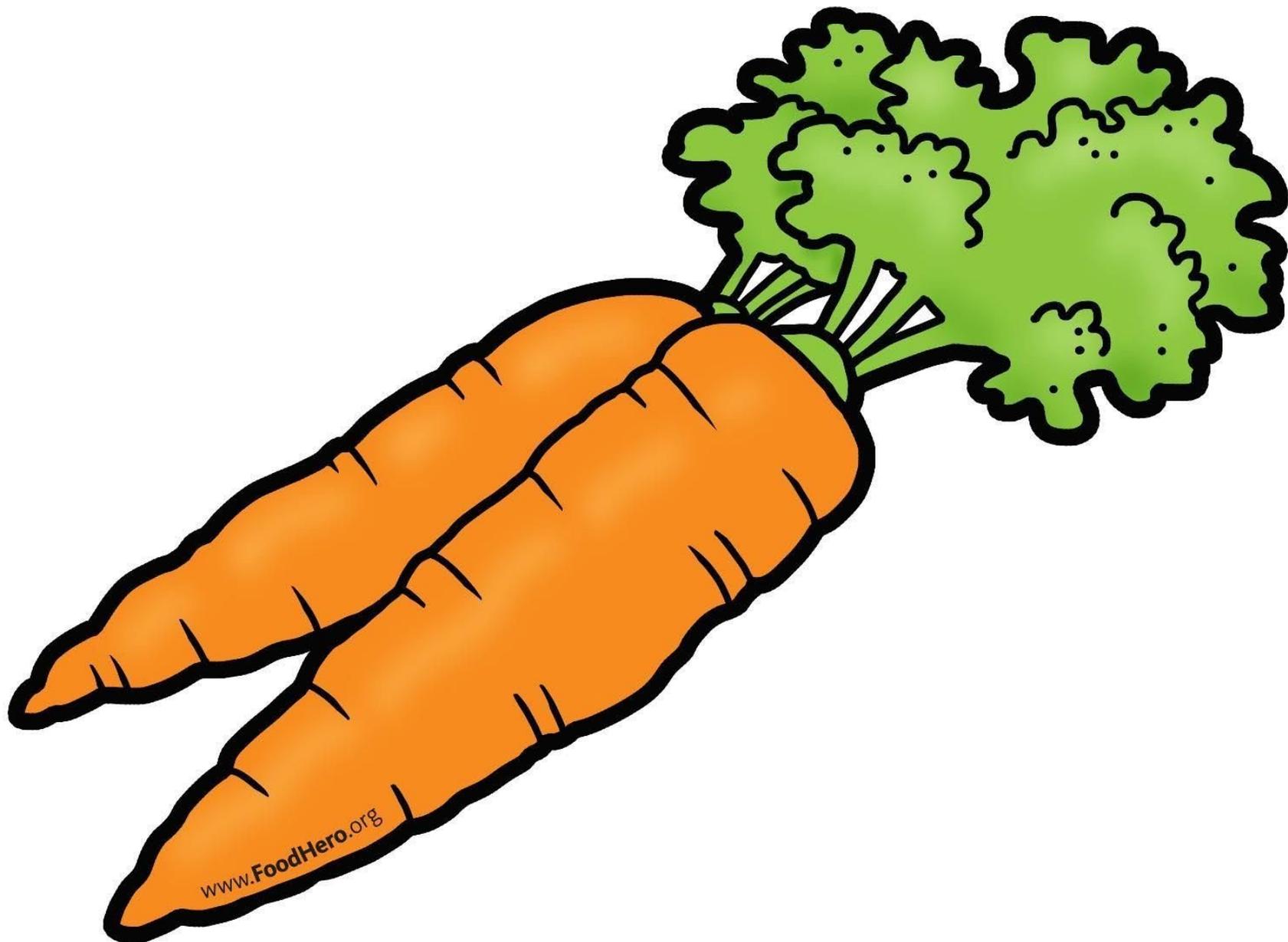




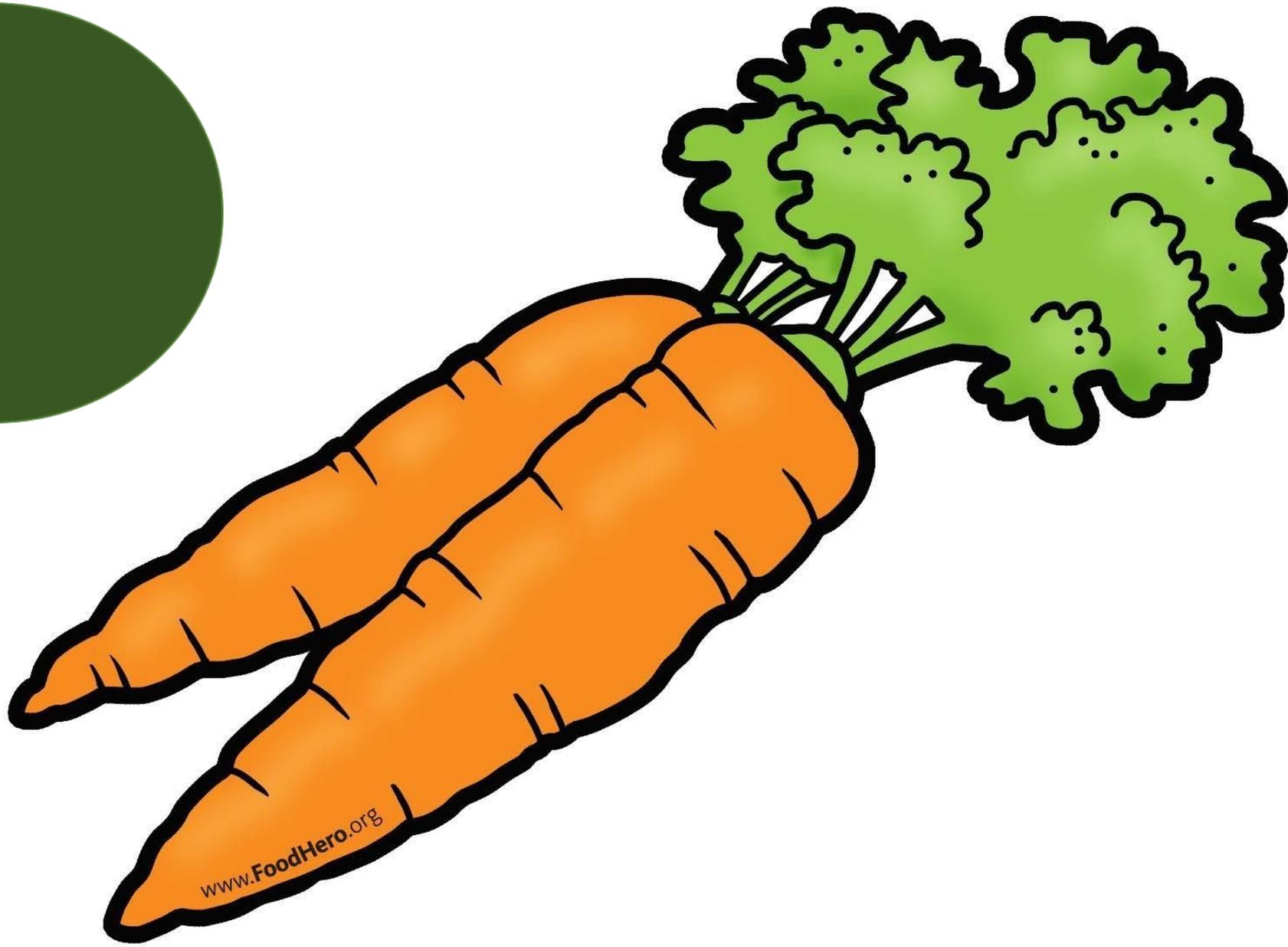
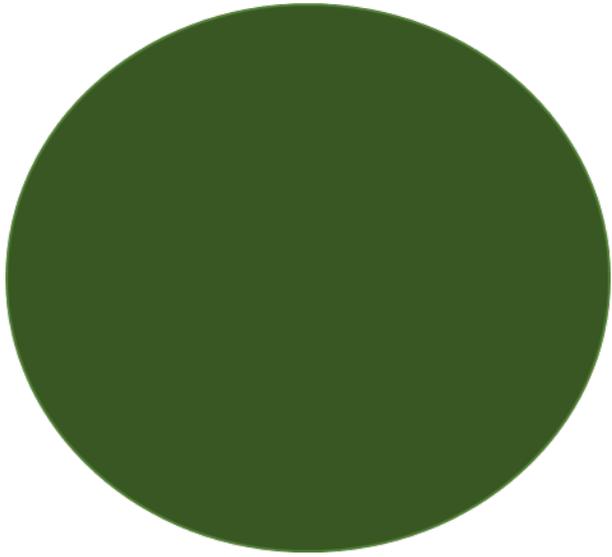




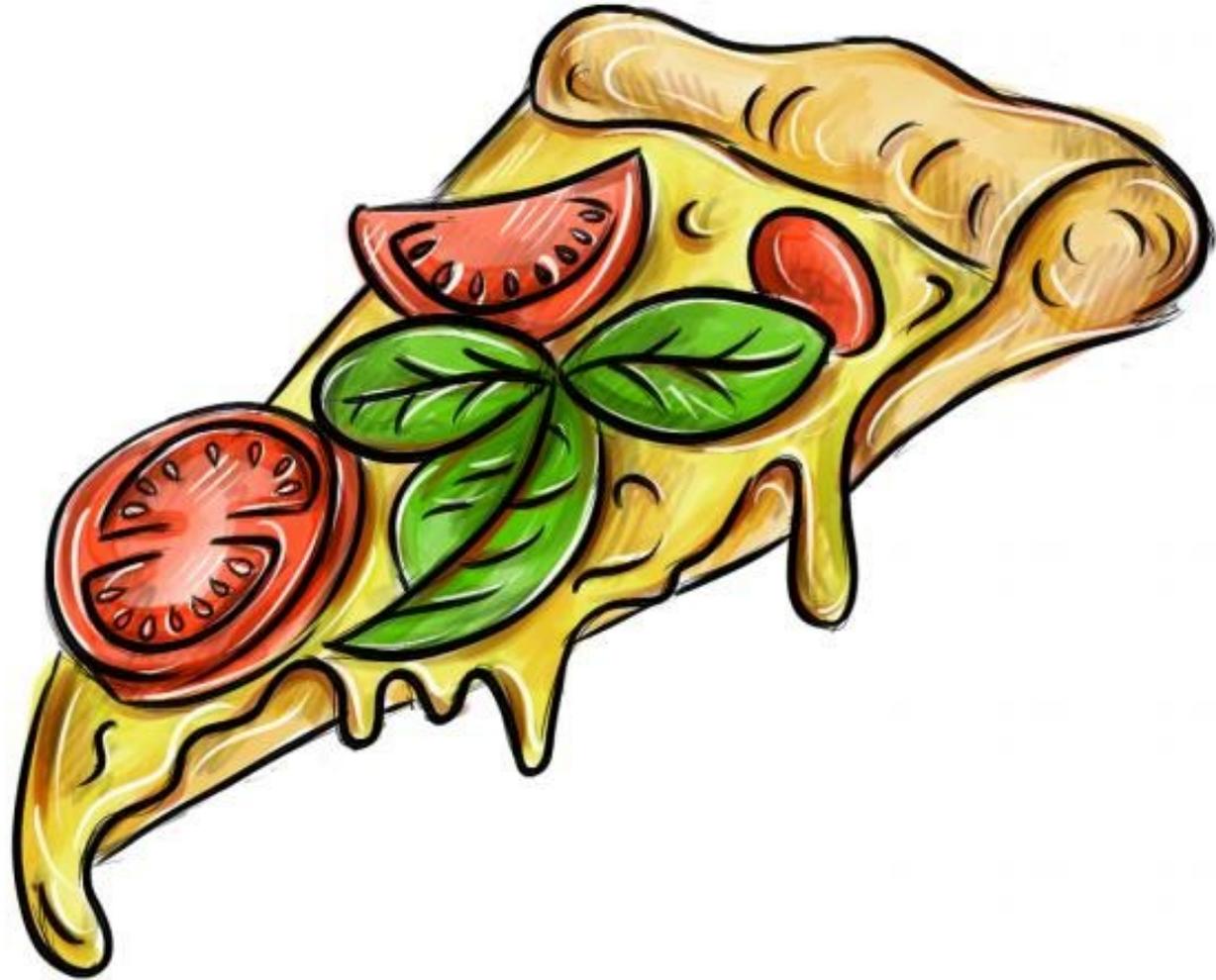


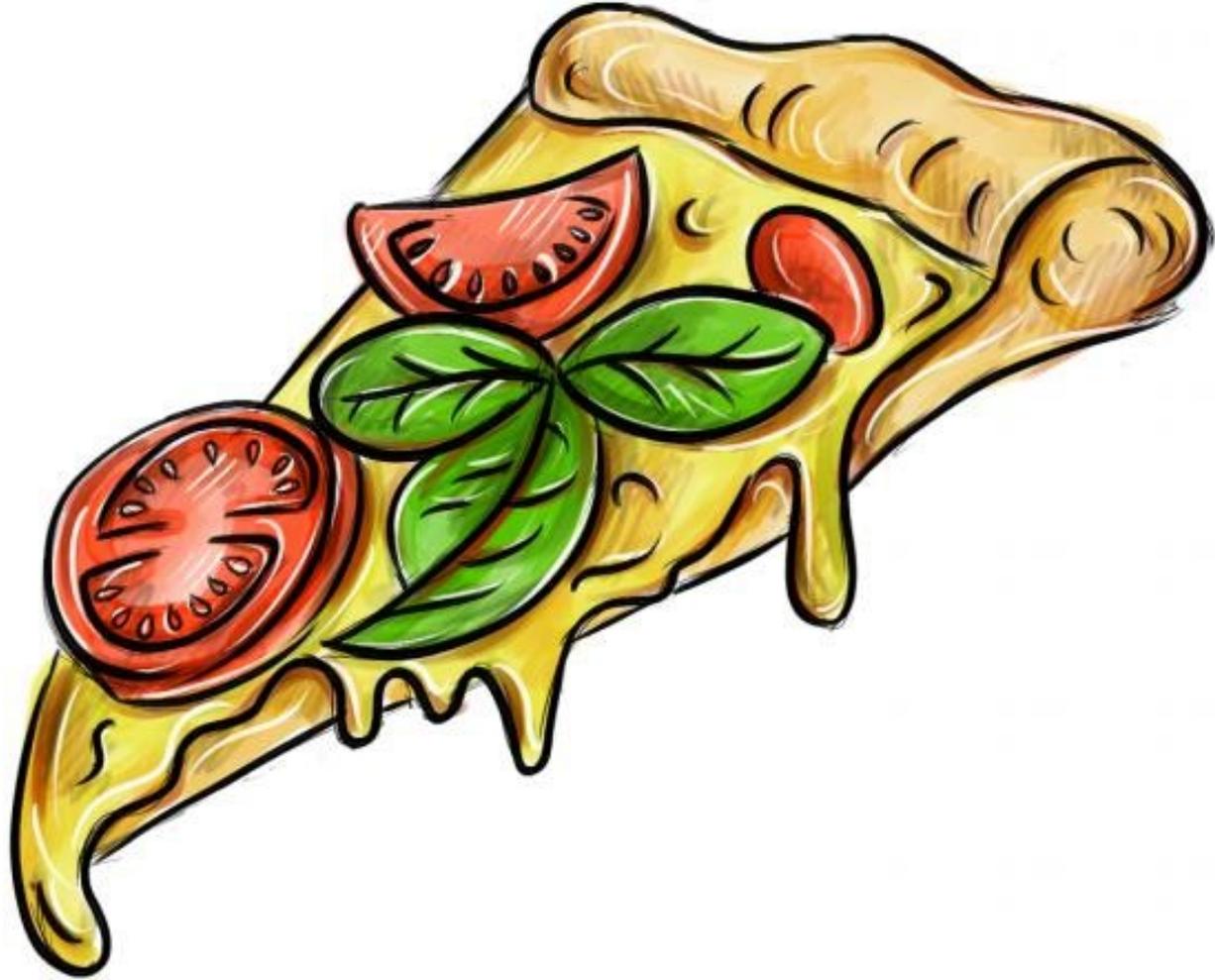
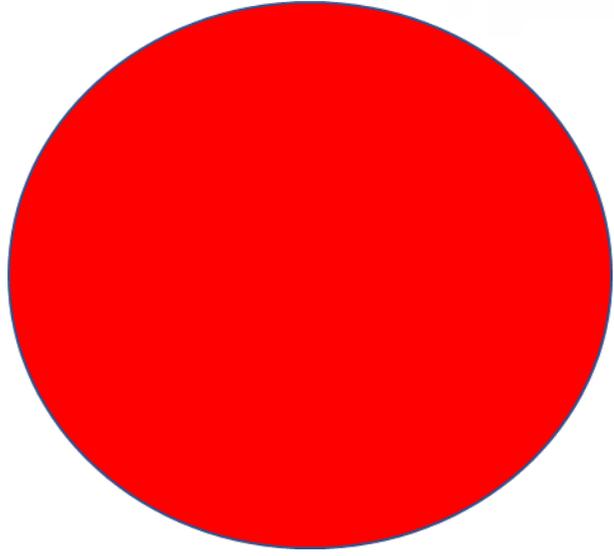


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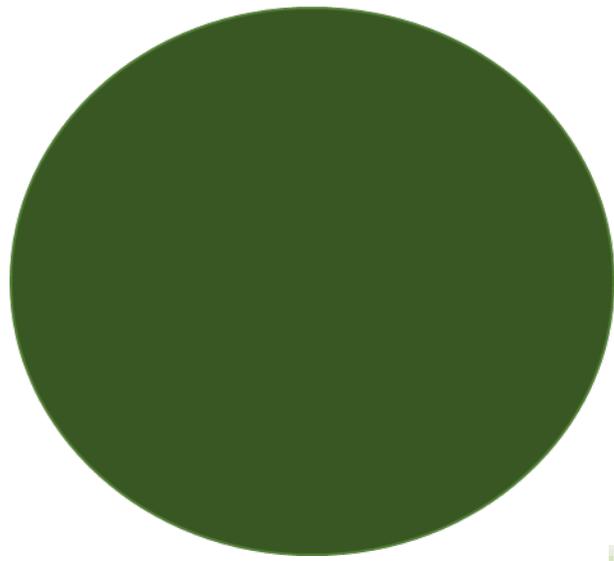


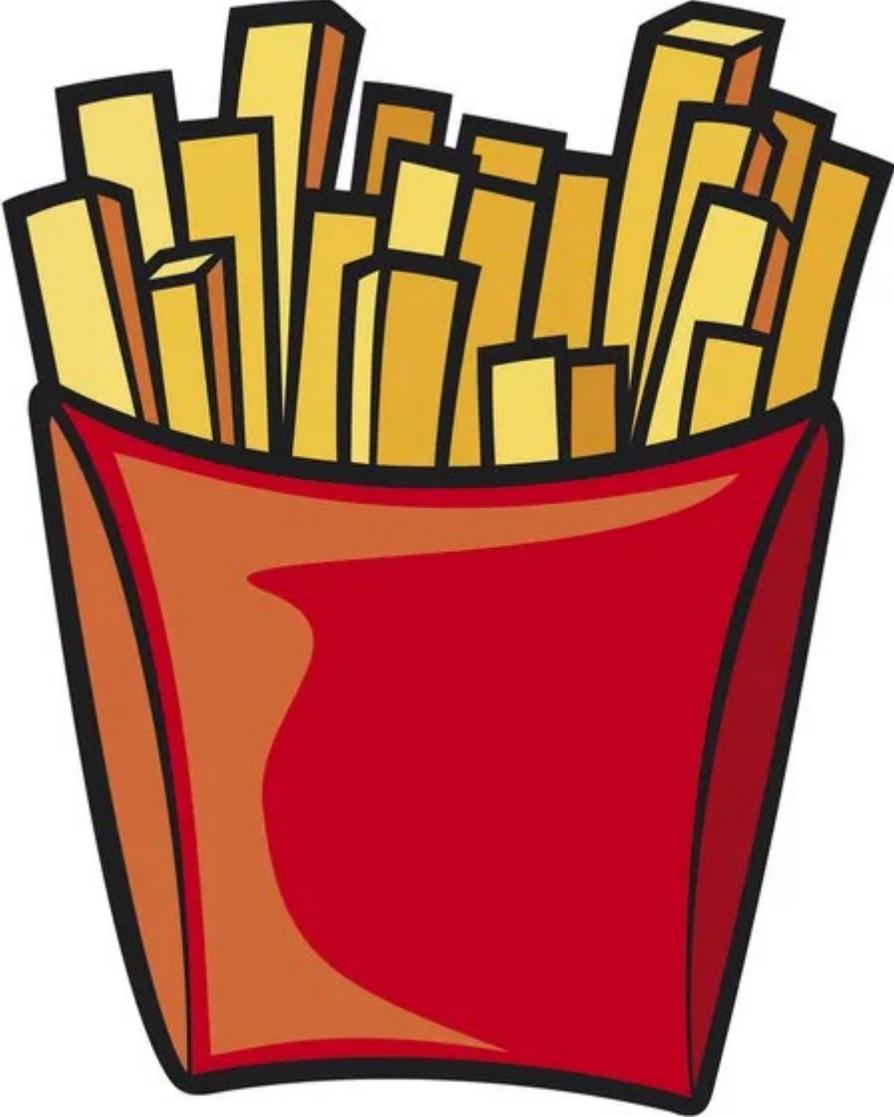
www.FoodHero.org

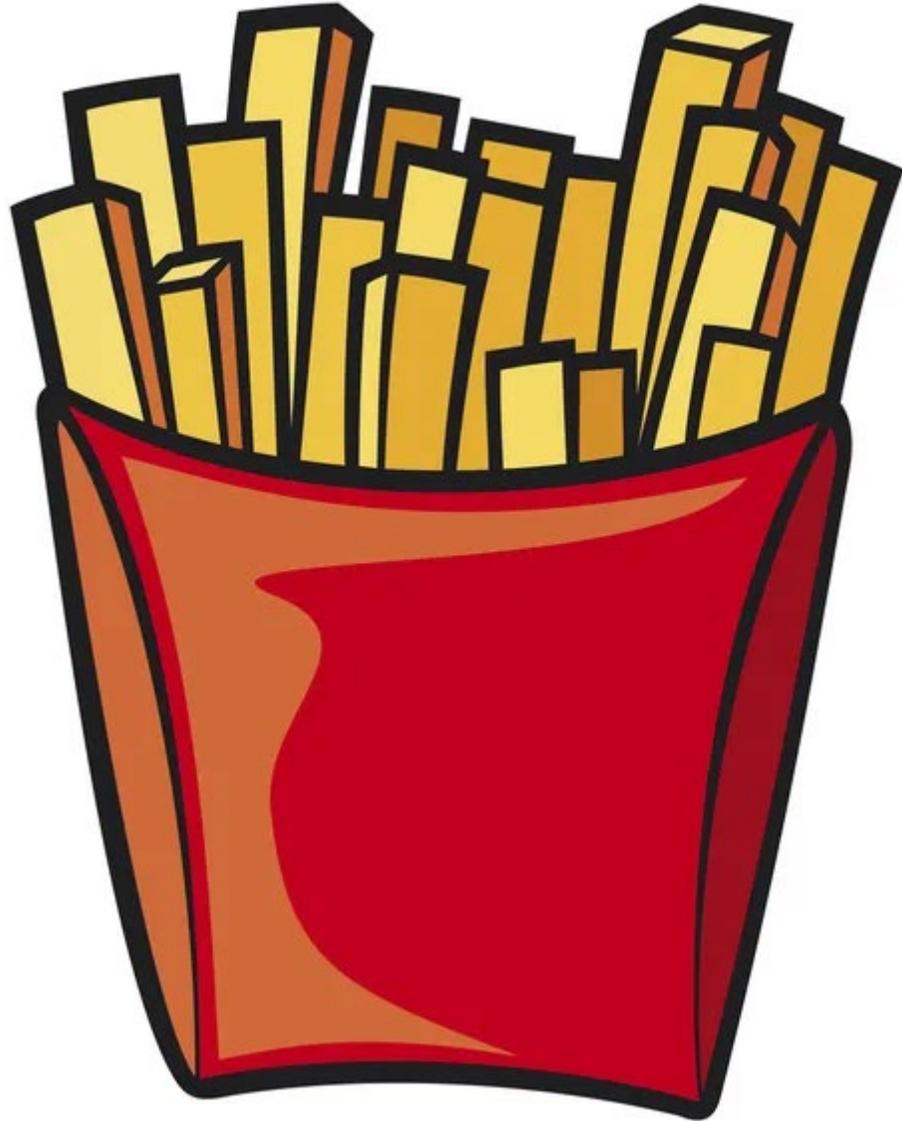
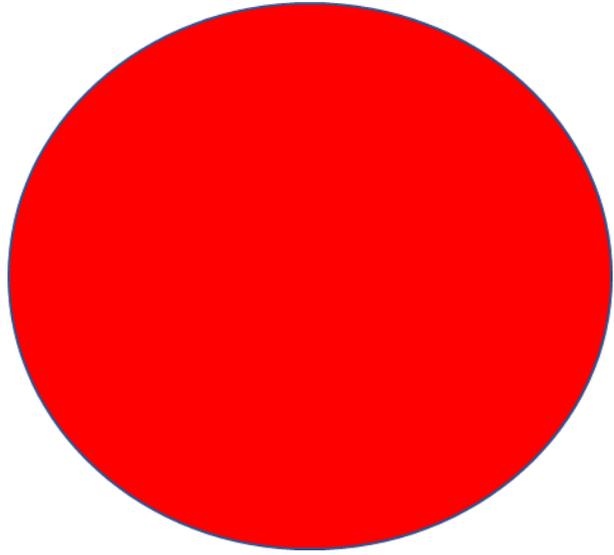


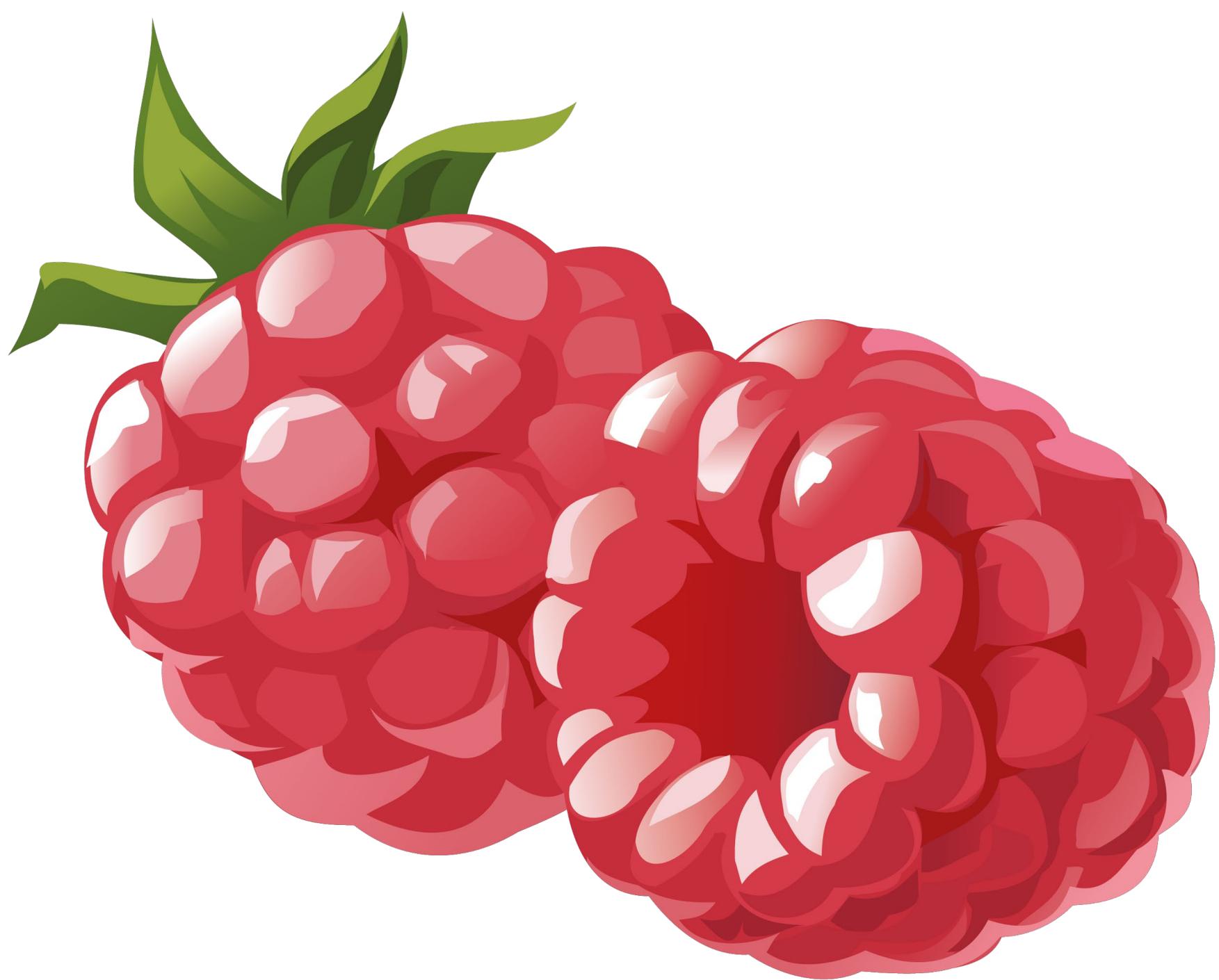


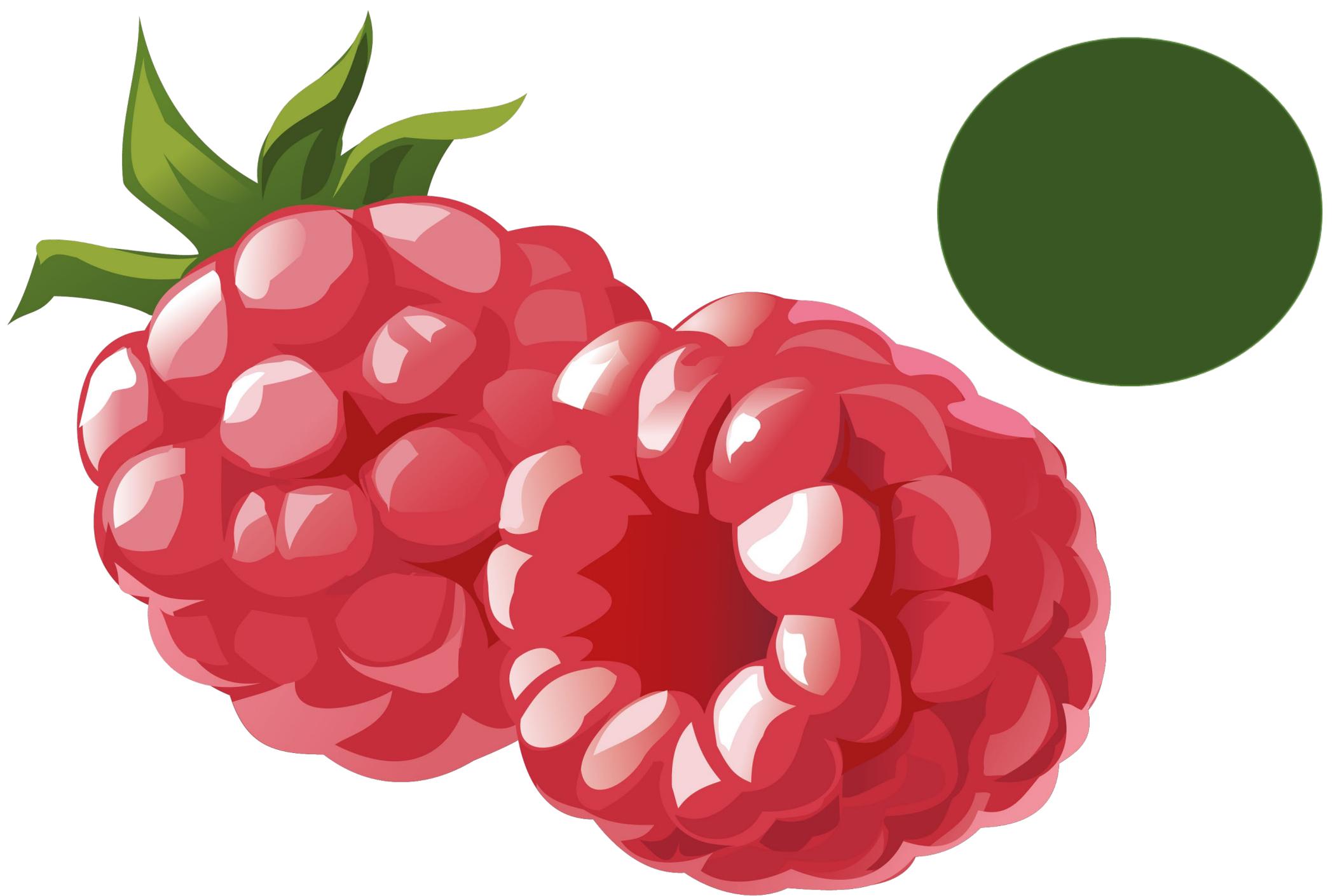




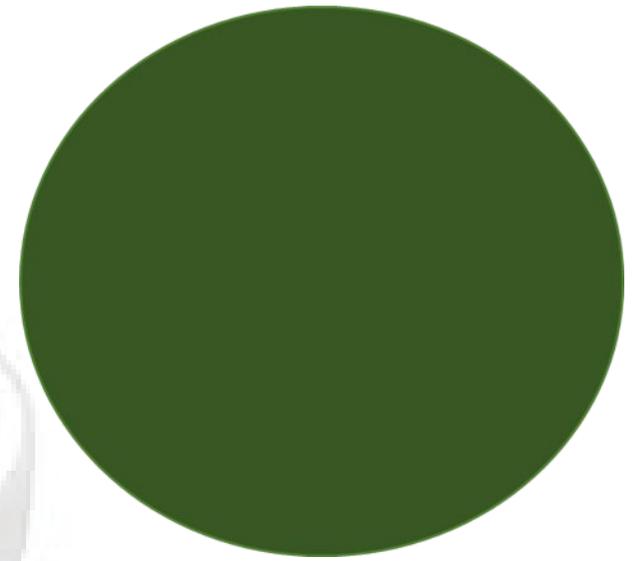














ПРОГУЛКИ



СПОРТ

АКТИВНОСТЬ:
физминутка
РАЗМИНКА

Ветер дует нам в лицо
закачалось деревцо
ветер тише, тише, тише
деревцо все выше, выше



COH

Отдых: правила сна



ЧИСТИТЬ ЗУБЫ

**АКТИВНОСТЬ:
физминутка
ЗУБЫ**

**Мы чистим, чистим зубы
И весело живем.**

**А тем, кто их не чистит, мы
песенку поем:**

**- Эй, давай, не зевай,
о зубах не забывай,
снизу вверх, снизу вверх
чистить зубы не ленись**

Надо чистить каждый зуб
верхний зуб, нижний зуб
даже самый дальний зуб, -
очень важный зуб
изнутри, снаружи три,
три снаружи, изнутри

ГИГИЕНА



**АКТИВНОСТЬ:
ДВИЖЕНИЯ МЫТЬЯ
РУК**



УЧИТЬСЯ

