

How to be strong and healthy!

Indlela yokuba namandla kunye nempilo!

Drink enough clean water.

1

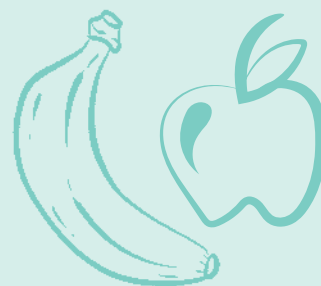
Sela amanzi acocekileyo ngokwaneleyo.



Eat fresh fruit.

2

Yitya iziqhamo ezitsha.



Eat healthy vegetables.

3

Yitya imifuno enempilo.



Exercise regularly.

4

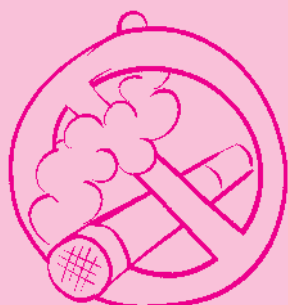
Zilolonge rhoqo.



Do not smoke.

5

Musa ukutshaya.



Get enough sleep.

6

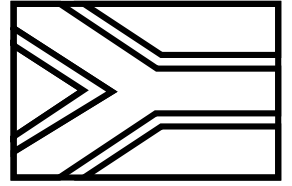
Lala ngokwaneleyo.



COLOUR IN FOR FUN! FAKA UMBALA KULONWABO!



Be strong and healthy!
Yomelela uphile!



Name/Igama:..... Age/Ubudala:.....

School/isikolo:..... Date/Umhla:.....