## Activity 2.4. Protecting and Caring for Our Bodies

How we Care for and Protect Our Bodies

- Eating nutritious food
- Taking medicines when we are sick
- Holding an umbrella in the rain
- Wearing a raincoat in the rain
- Wearing warm clothes in winter
- Having a bath
- Washing hands before eating
- Brushing teeth
- Combing hair



shutterstsck<sup>.</sup>

IMAGE ID: 391563913





