



How to Grow Well?

Good Habits for Growth:

i. Eat Healthy Food

- Eat fruits, vegetables, milk, and nuts for strong bones and muscles.
- Avoid too many sweets and junk food.

ii. Drink Plenty of Water

- Water keeps the body clean and helps in digestion.
- Drink 6-8 glasses of water every day.

iii. Exercise and Play

- Running, jumping, and playing make the body strong.
- Exercise keeps us active and helps us grow.

iv. Get Enough Sleep

- Sleep 8-10 hours daily to help the body rest and grow.
- Sleeping early makes you fresh and healthy.

v. Stay Clean and Hygienic

- Bath every day and brush your teeth twice a day.
- Clean hands before eating to stay away from germs.

vi. Think Positive and Be Happy

- Happy minds help in healthy growth.
- Always be kind and share with others.

Things That Stop Good Growth

- Eating too much junk food
- Not drinking enough water
- Watching too much TV instead of playing outside
- Sleeping late at night