

KEEPING HEALTHY

Use the words and pictures below to help create your poster or leaflet.

**SMOKING CAUSES
BAD BREATH,
WRINKLES,
YELLOW TEETH
AND SMELLY HAIR**

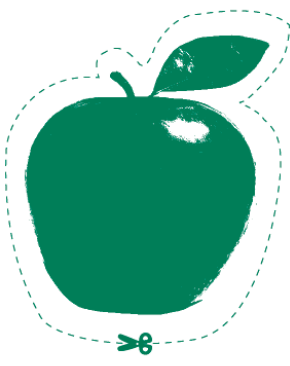
**SMOKING IS THE
BIGGEST CAUSE
OF CANCER
IN THE WORLD**

**EAT AT LEAST
FIVE PORTIONS
OF FRUIT AND
VEGETABLES**

KEEP HEALTHY

**DID YOU
KNOW?**

EVERY DAY



KEEPING HEALTHY

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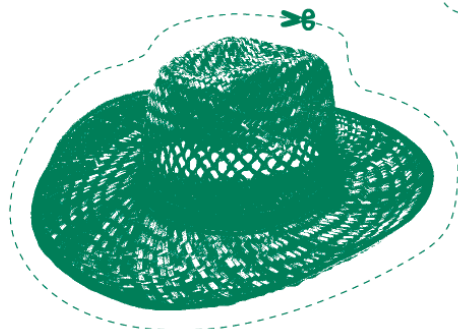
BE ACTIVE FOR ONE
HOUR EACH DAY



SUNBURN
DAMAGES
YOUR SKIN



TRY TO ...



USE SUNSCREEN
WITH A FACTOR
OF 30 OR HIGHER

