

# GOOD HABITS

We need to have good habits for a healthy life.



you should brush your hair.



you should go to sleep early.



you should do exercise.



you should take a Shower



you should brush your teeth

# THE PLATE OF GOOD EATING

What is it? The plate of good eating is a food guide that is part of the Official Mexican Standard (NOM), for health promotion and education in food matters.

What is it for? It is a guide to preparing balanced and healthy meals. Includes the three food groups that should be consumed in the daily diet.

