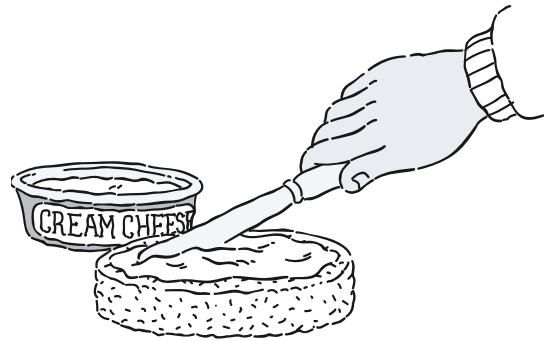


# Figi Arthur sou sandwich la

1

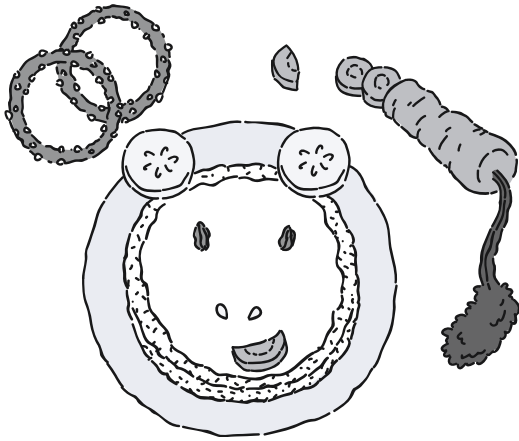
Bere English muffin, rice cake  
oubyen ti pen pita ak hummus,  
cream cheese oubyen fwomaj.



2

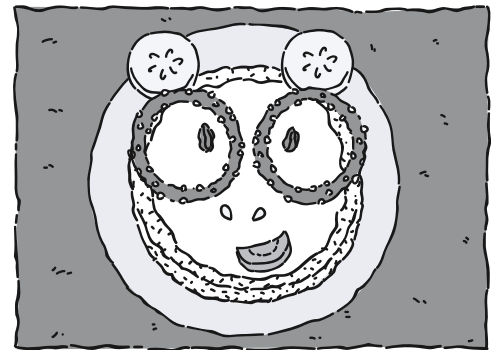
Desinen figi Arthur.

- Sèvi ak rezen sèk oubyen grenn tounesòl (sunflower seeds) pou je ak nen li.
- Sèvi ak tranç konkonm oubyen fig oubyen zabriko sèk pou zòrèy li.
- Sèvi ak ti moço kawòt oubyen piman bouk pou bouch li.



3

Sèvi ak pretzèl wonn  
pou linèt Arthur.



Pou yon dejene nourisan, manje  
yon sandwich Arthur ak yon  
vè lèt epi yon zoranj tranche.

Sa ki ta di ke Arthur ta gen  
bon gou konsa ... e ke li bon  
pou sante ou tou !



# Staying Healthy

Tips for Parents and Kids

**It's important to eat right and get enough exercise. To stay healthy and fit:**

- 🍏 Eat plenty of fruits, vegetables, bread, cereal, rice and pasta. Provide fresh fruit and cut-up vegetables for snacks.
- 🍏 Try not to have too many fatty foods, sweets, or soft drinks.
- 🍏 Don't spend too much time in front of a computer screen or television.

**Get up and move! It's fun and it's good for you. Here are some ideas to get you started:**

- 🕒 Put on music and dance around your living room.
- 🕒 Go for a walk. Play follow the leader, toss a bean bag back and forth, or walk in a pattern: skip 4 steps, walk 4 steps, skip 4 steps, walk 4 steps.
- 🕒 Keep a balloon or beach ball up in the air using your feet, knees, head, and hands.

# Pou yon bòn sante

Konsey pou paran ak timoun

**Li enpòtan pou fè egzesis epi pou manje byen. Pou ka rete an bòn sante epi an fòm :**

- 🍏 Manje anpil fwi, legim, pen, sereyal, diri epi makawoni. Sèvi fwi fre ak legim koupe an moso pou lè goute.
- 🍏 Eseye pa manje twòp manje ki gen grès, twòp sikreri epi pa bwè twòp kola.
- 🍏 Pa pèdi twòp tan chita devan òdinatè oubyen devan televizyon.

**Kanpe epi souke kò ou ! Li enteresan epi li bon pou ou. Men enpe bon sijesyon pou ka kòmanse :**

- 🕒 Mete mizik epi danse nan salon an.
- 🕒 Ale fè ti pwomenad. Jwe jwèt repete apre lidè a, voye epi trape yon ti boul ki gen pwa ladan li oubyen mache sou yon chemen ki trase atè a : sote 4 fwa, mache 4 pa, sote 4 fwa, mache 4 pa.
- 🕒 Kenbe yon balon oubyen yon boul anlè san li pa tonbe atè avèk pye, jenou, tèt oubyen men ou.