

Dear Miss Claridge,

To keep healthy you must remember 5201.

5 

Eat 5 fruit and vegetables every day because it's good for you.

2 

No more than 2 hours of screen time a day because you get stuck and you don't get active.

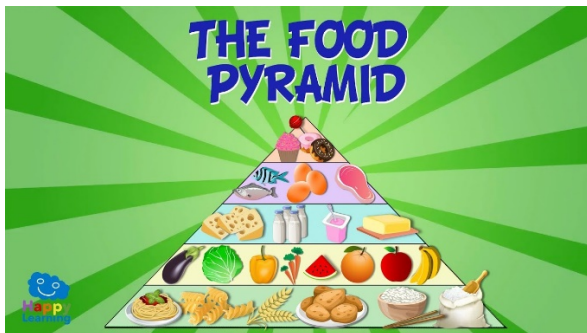
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No bad sugary drinks and snacks because they fill you up and damage your teeth.

1 

Make sure you have 1 hour of exercise every day because it's good for your body and organs.

This is the food pyramid



From Eleanor