

EATING RULES

- **You must eat some fresh fruit and vegetables every day if you want to be healthy.**
- **You mustn't eat more than three eggs a week.**
- **You mustn't eat a lot of sugar. It's bad for your teeth.**
- **You mustn't put a lot of salt in your food.**
- **You must brush your teeth after every meal.**
- **You must drink more water when it is hot or when you do sport.**
- **You mustn't eat lots of snacks between meals.**