

Guru Tegh Bahadur 3rd Centenary Public School








HEALTHY EATING HABITS



EAT TO NOURISH

NOT TO PERISH

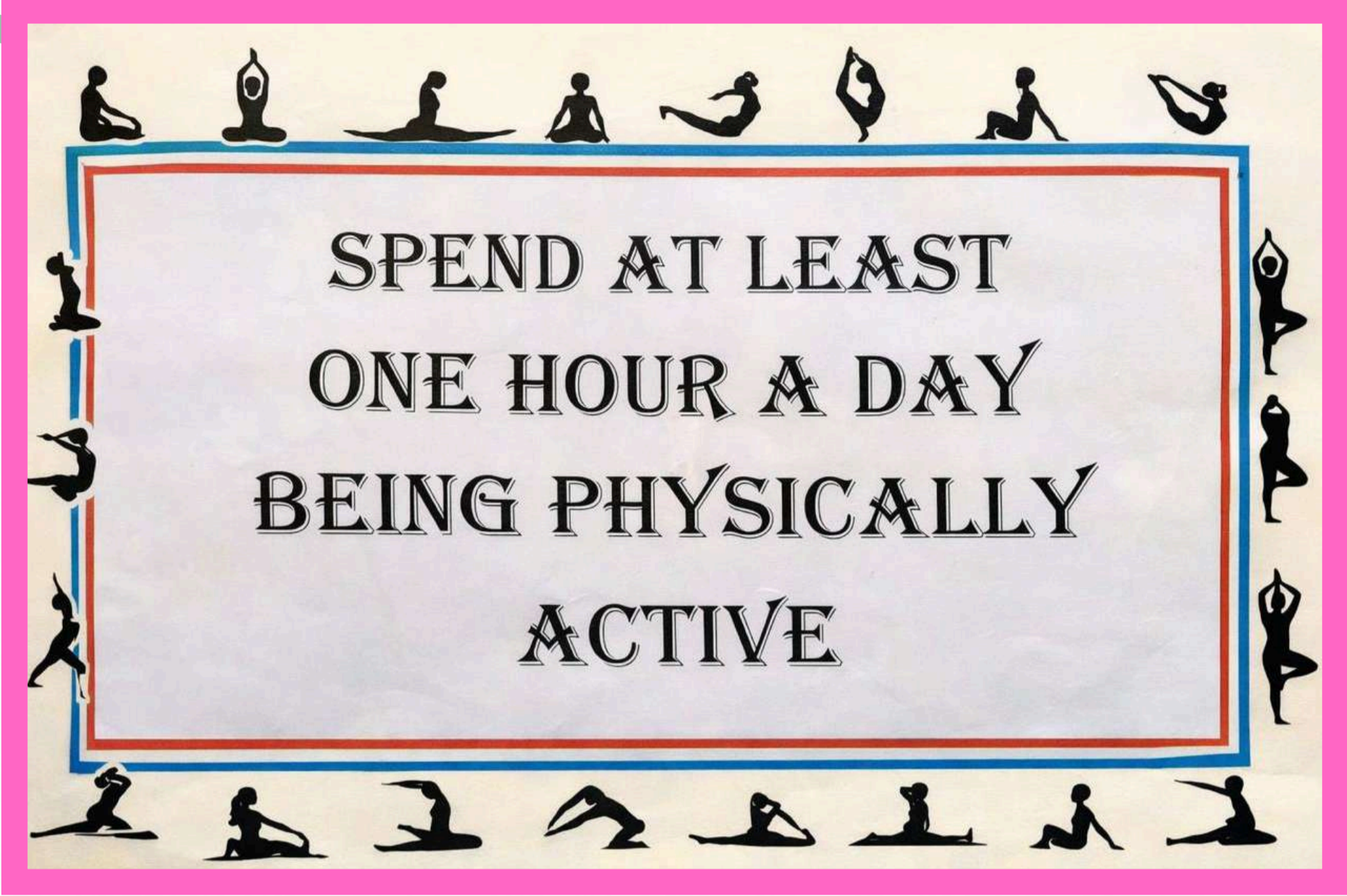


DRINK AT LEAST
TWO LITRES OF
WATER
EVERYDAY

**Take care of your
Body.**

**It's the only place you
have to live in.**





DRINK OR EAT
AT LEAST THREE
DAIRY FOODS
A DAY



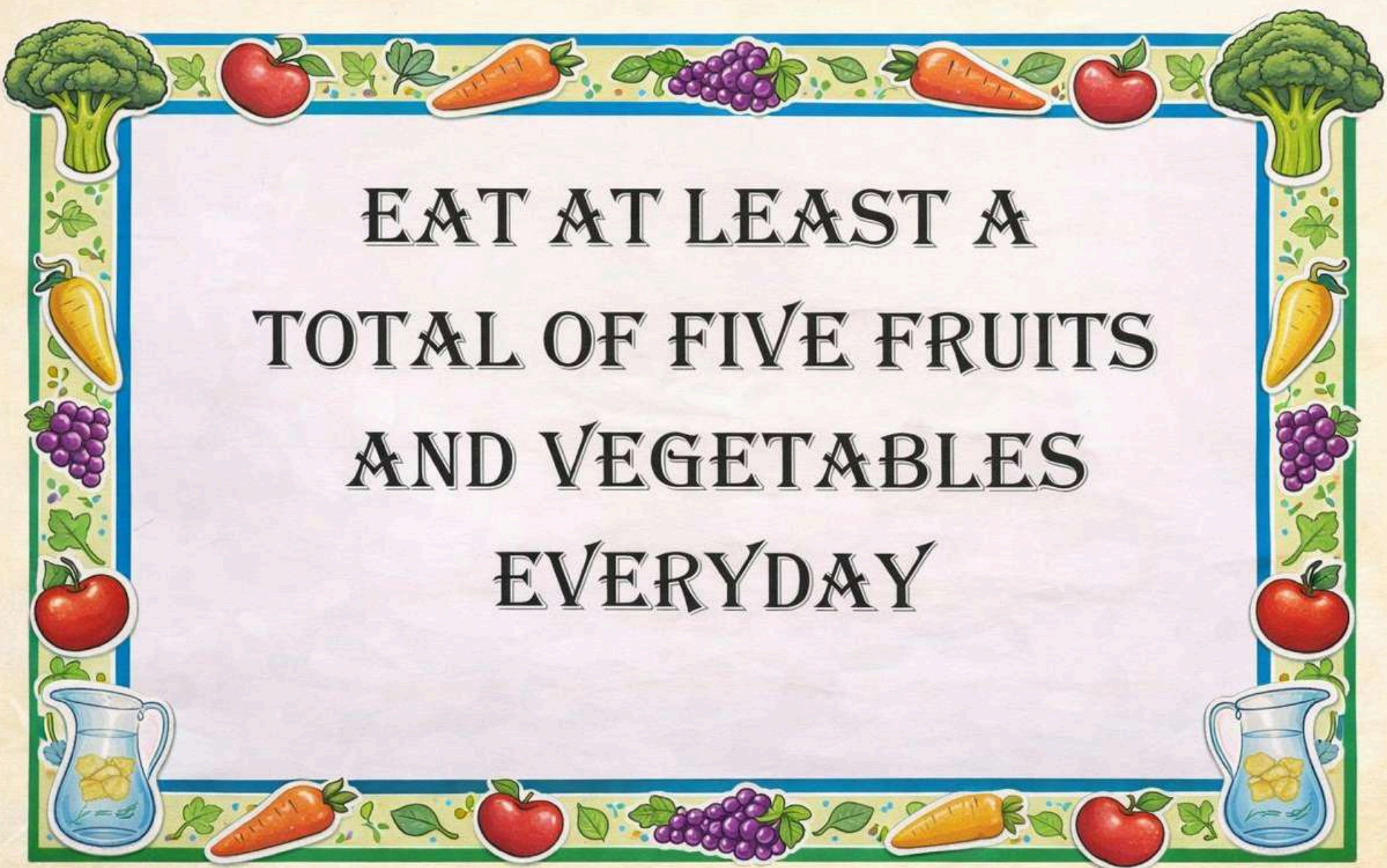
**Value of Health is
known when you
fall Sick.**



**EAT SMALLER
AMOUNTS –
BIGGER IS NOT
BETTER**



**SNACK ON
HEALTHY FOODS
AND LESS JUNK
FOOD AND SWEETS**



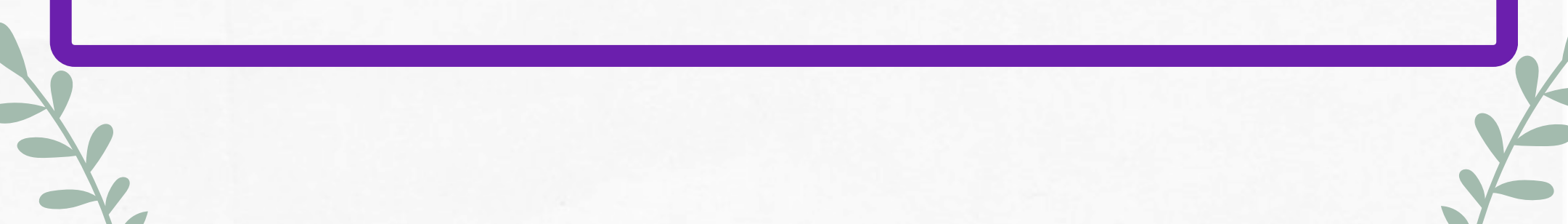
EAT AT LEAST A
TOTAL OF FIVE FRUITS
AND VEGETABLES
EVERYDAY





**The biggest
blessing is a
healthy body and
a positive mind.**

**Express
gratitude to God
for all his
blessing.**



OUR MOTTO



CHARDIKALA

Guru Tegh Bahadur

3rd Centenary Public School