

Ans. 1 Take bath everyday.

2 Cut your nails everyday.

3 Eat healthy food.

4 Play outdoor games.

5 Smile and laugh always.

6 Always think positive.

7 Eat always home made food.

8 Eat fresh and green
vegetables, fruits.

9 Brush your teeth early
in the morning and at night.

10 Always wash your hands

before and after food

