

## 10 consigli per la vita sana

1) Bevi almeno 2 litri d'acqua al giorno!	 A blue plastic water bottle with a yellow label that says "H <sub>2</sub> O" next to a yellow thumbs-up emoji.
2) NON mangiare tanti dolci!	 A yellow downward-pointing hand emoji above a cartoon illustration of a girl sitting on a bench eating a lollipop under a tree.
3) Compra della frutta e della verdura fresca di stagione!	 A yellow thumbs-up emoji above a photograph of a large basket filled with various fresh fruits and vegetables.
4) Evita le merendine!	 A photograph of a plate of various candies and snacks next to a yellow thumbs-down emoji.
5) Consuma la frutta secca!	 A photograph of a pile of mixed dried fruits next to a yellow thumbs-up emoji.
6) NON mettere tanto sale nel cibo!	 A photograph of a person's hands pouring salt from a shaker onto a plate of food next to a yellow thumbs-down emoji.

7) Limita il consumo di zuccheri!	 
8) NON bere le bibite gassate!	 
9) Mangia il pesce!	 
10) Fa' sport!	 

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