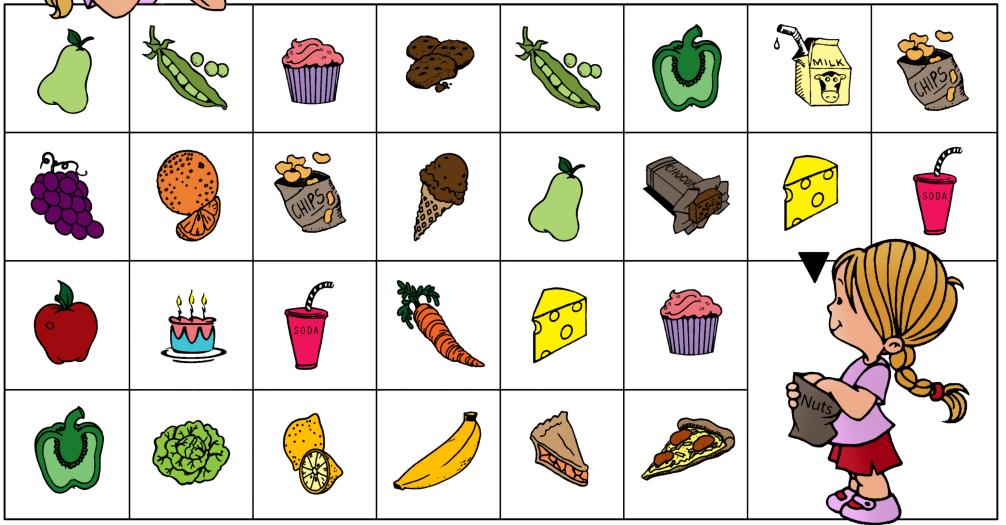
Activity: Care for Your Body the Right Way

When we care for our bodies properly by eating healthy food, exercising every day, getting plenty of sleep, and keeping our bodies cleaned and groomed, not only will we know we are doing what is right for our bodies, but we will feel better too.

Can you help Gemma pick a wholesome food path from start to finish?



Authored by Shanna Landon. Illustrated by Agnes Lemaire. Colored and designed by Roy Evans. Published by My Wonder Studio. Copyright © 2019 by The Family International