

Nutrition

- . Wash your hands well before you eat and before you prepare food.
- . Clean all your spoons, plates, cups and saucepans well.
- . Only use clean utensils for preparing food in.
- . Eat plenty of fruit and vegetables to make your body strong and healthy.
- . Cover all food well to prevent flies from landing on it.
- . Food grown in the garden is more nutritious than store bought food.



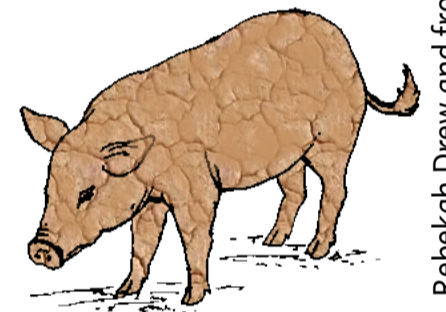
Health

- . Every family should have their own toilet.
- . Everyone should wash their hands after going to the toilet.
- . If you are really sick then you should go to the clinic. Don't wait until you are too sick for the doctor to help you.
- . Follow all the doctor's directions.
- . Drink and wash only in clean water.



Cleanliness

- . Wash every part of your body well—hands, legs, face and your whole body.
- . Help your brothers and sisters to wash themselves well and keep clean.
- . Clean all sores and cover them—it's not good for flies to land on them and make them infected.
- . Wash all your clothes twice a week.
- . It's important to dig a hole to throw all your rubbish into then burn it regularly.
- . Pigs must be kept in a fenced in area. If you step in their faeces you must wash your legs and feet well.



Safety

- . Watch out for sago trees and their spikes.
- . Hold your bushknife carefully.
- . Don't dive in shallow water.
- . Watch children carefully when they are near the fire.
- . Don't play in the long grass.

