

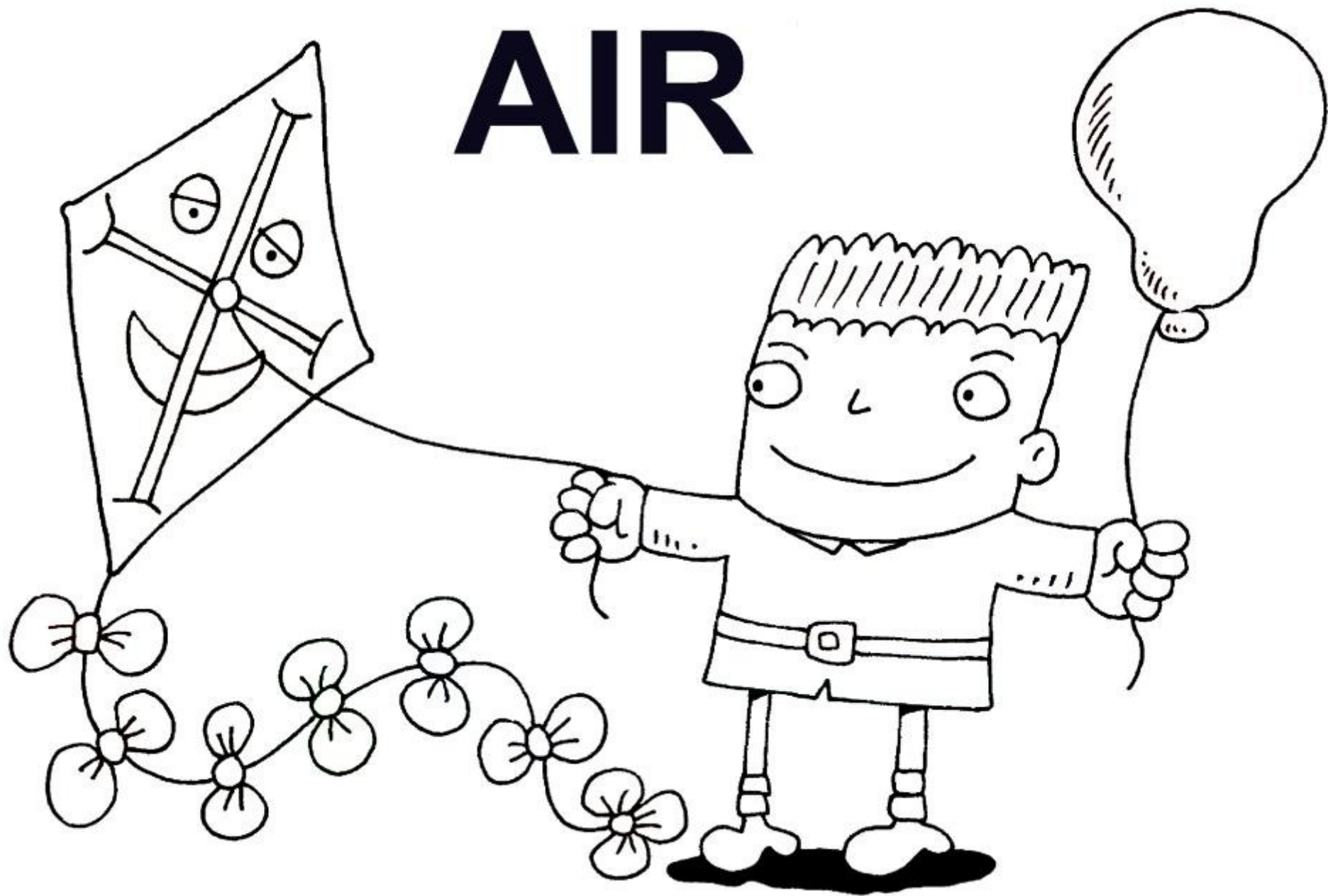
# Things We Need For A Healthy Life

By Jill kemp  
Illustrated by Richard Gunther.

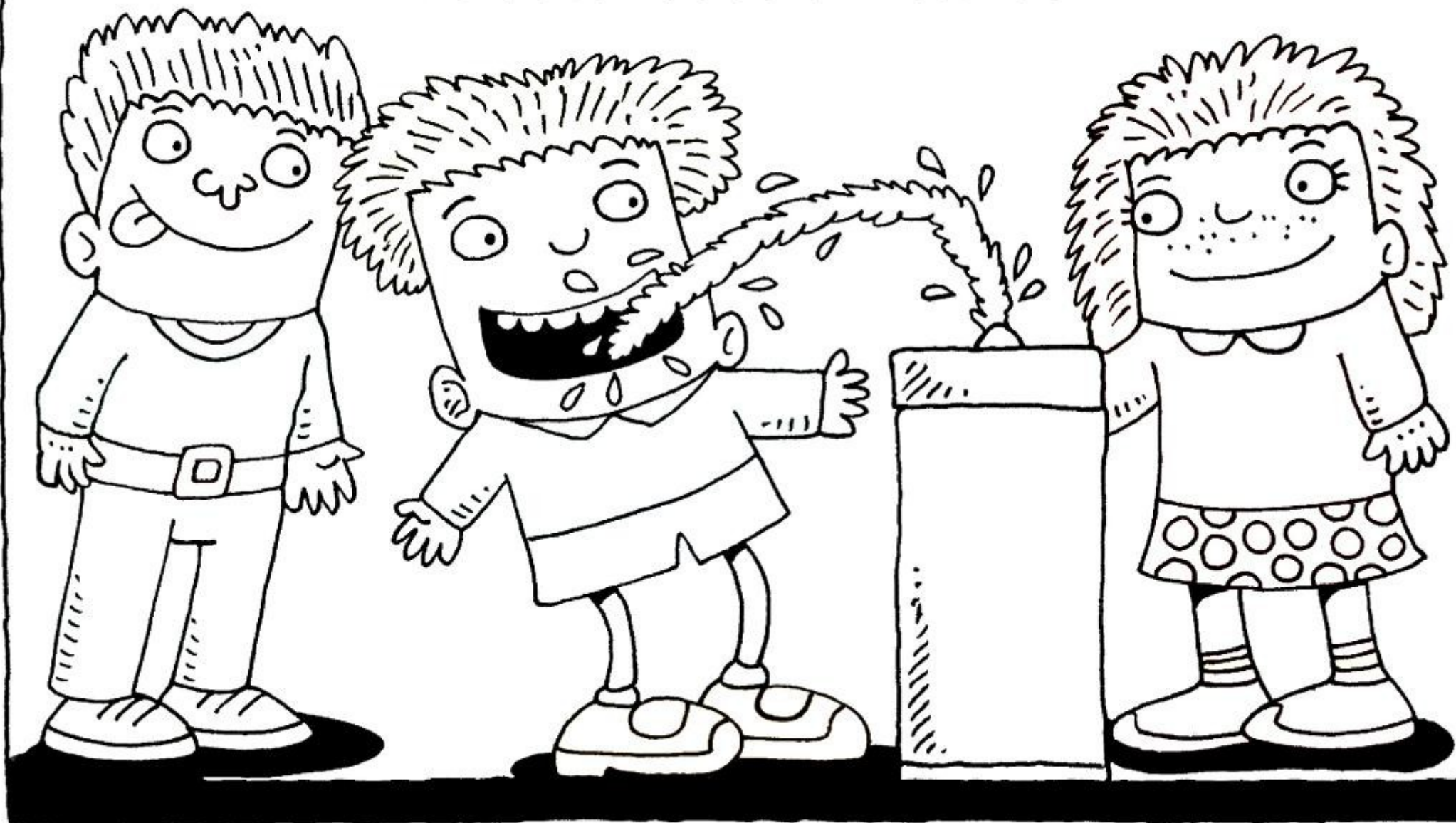


Fun characters of food - 'Values' - [www.lambsongs.co.nz](http://www.lambsongs.co.nz)  
Illustrations are copyright free for teachers to use.

# AIR

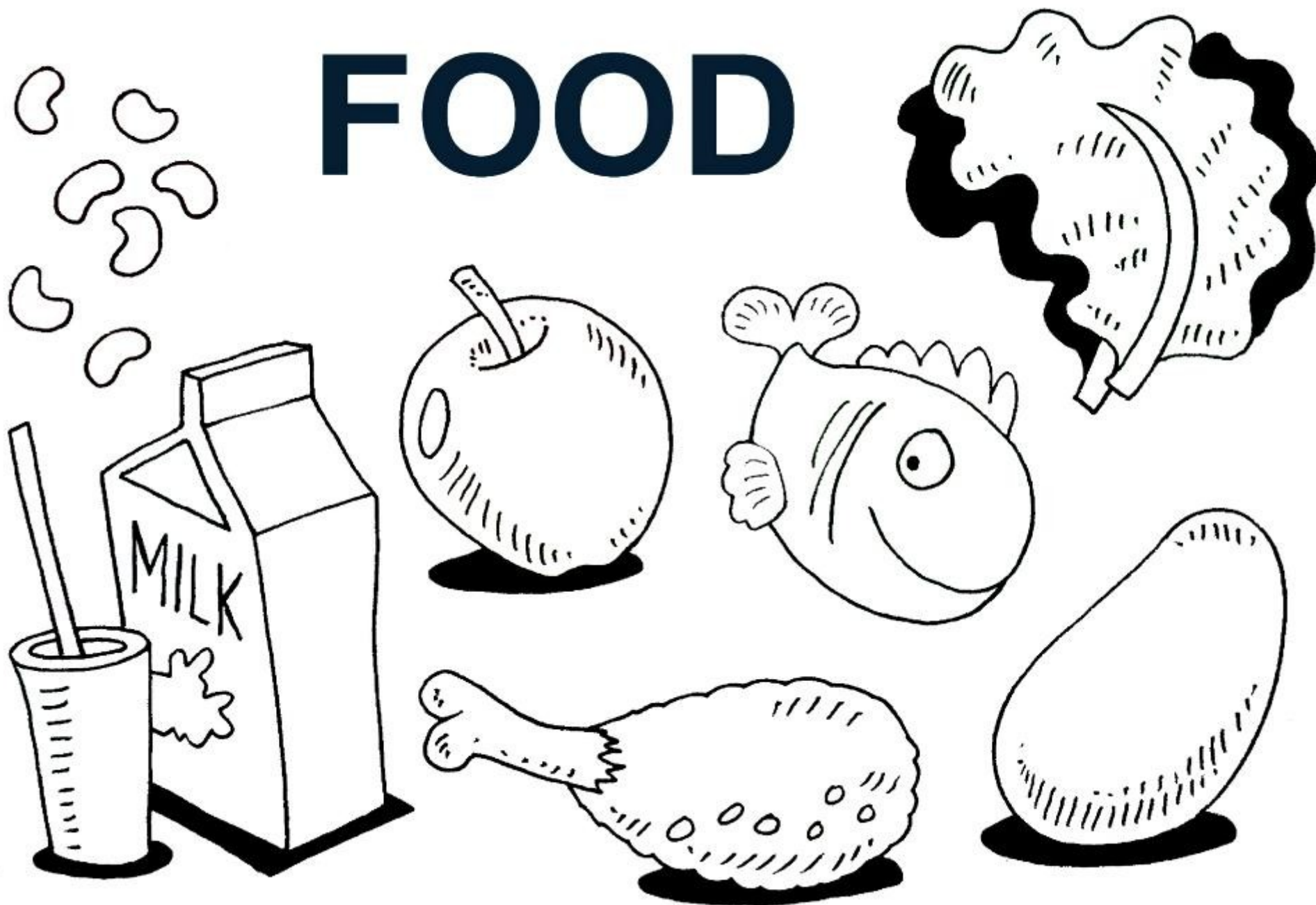


# WATER





# FOOD



# SLEEP





# EXERCISE

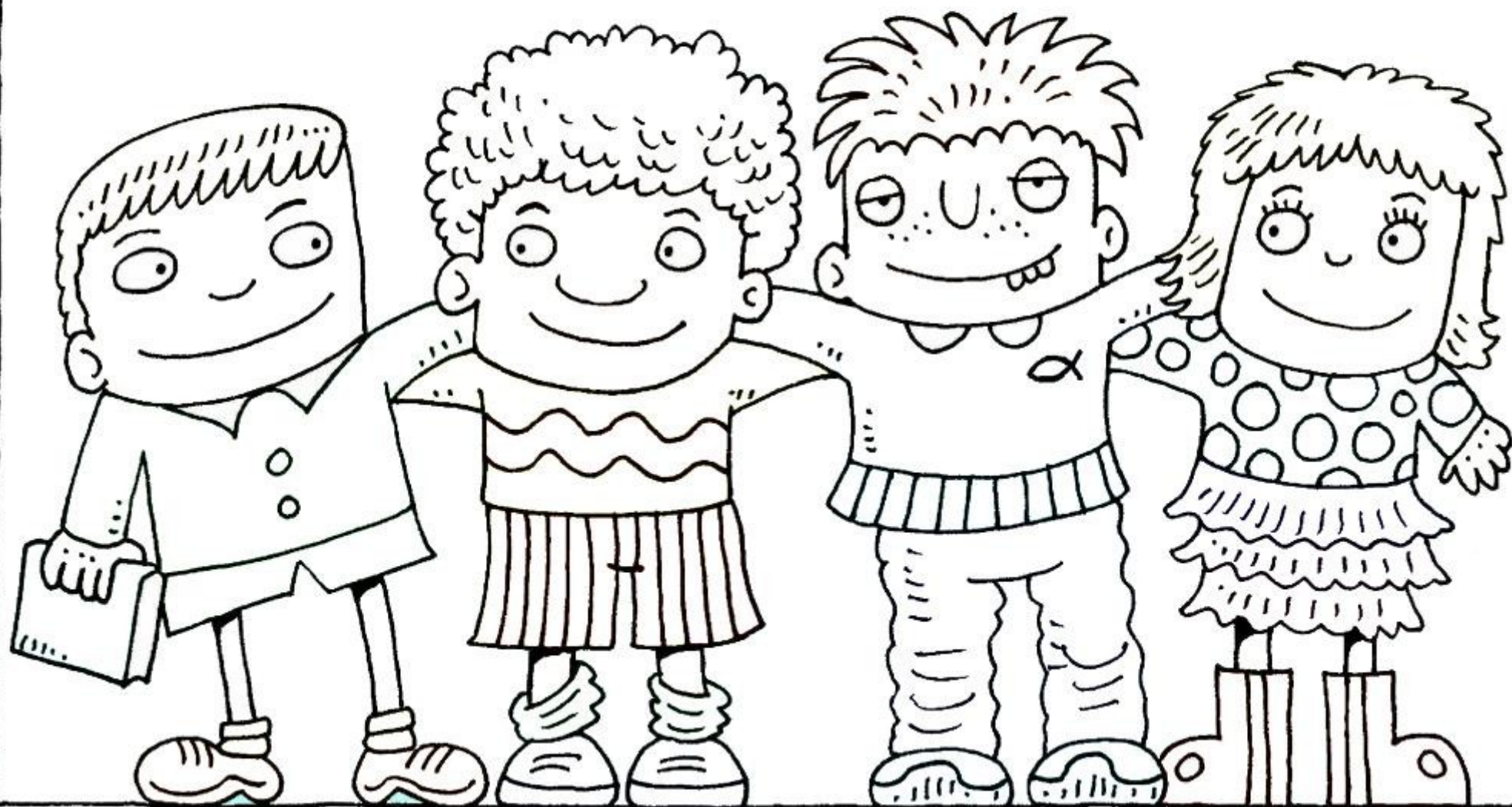


# HYGIENE





# FRIENDS





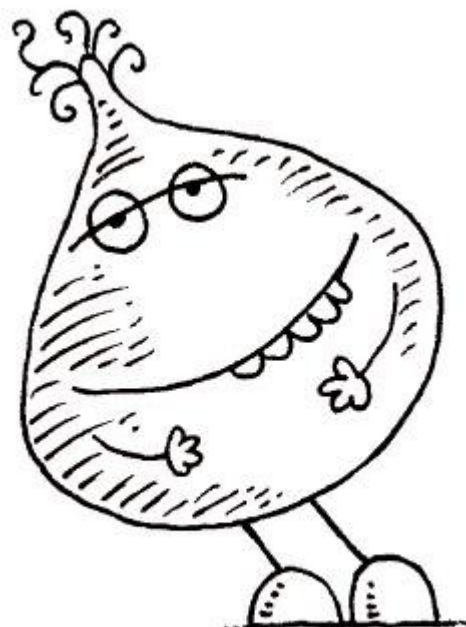
# REST



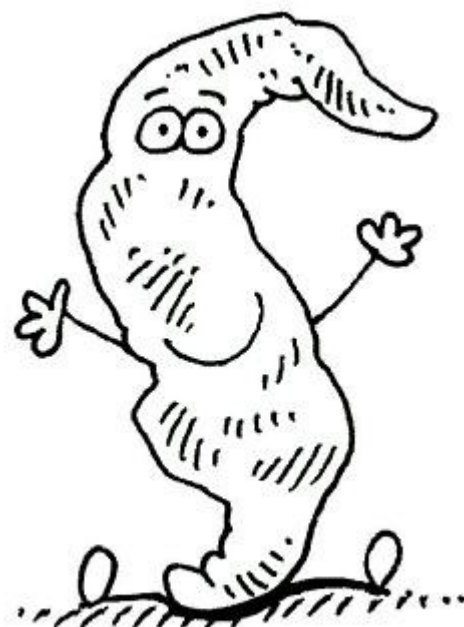
# SHELTER



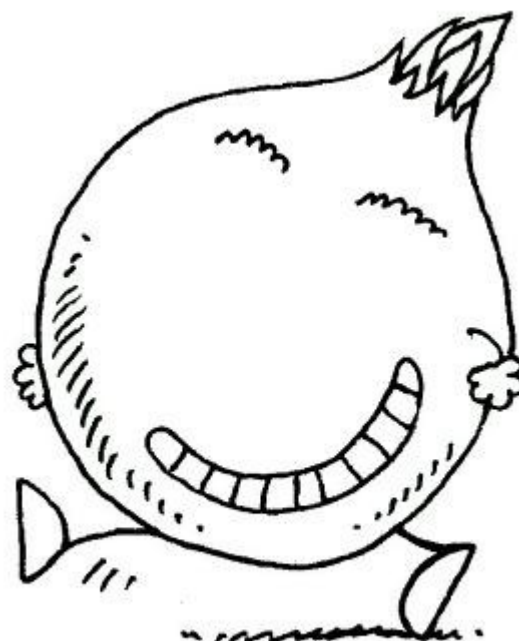




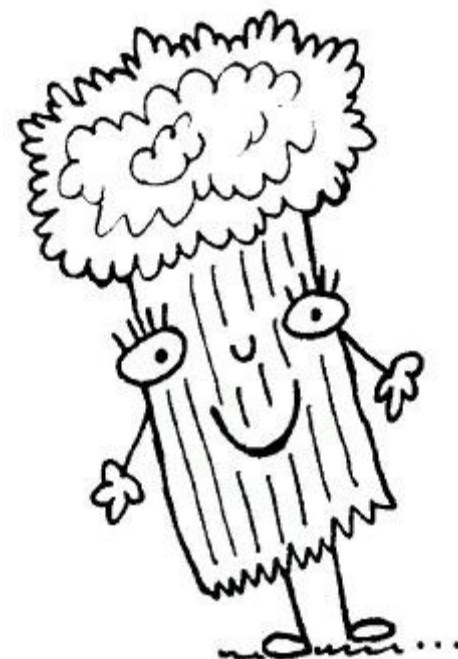
Barbara Beetroot



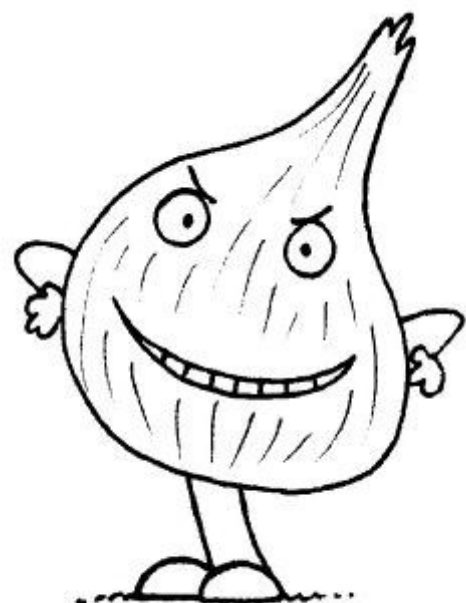
Ben Bean



Owen Onion



Celia Celery



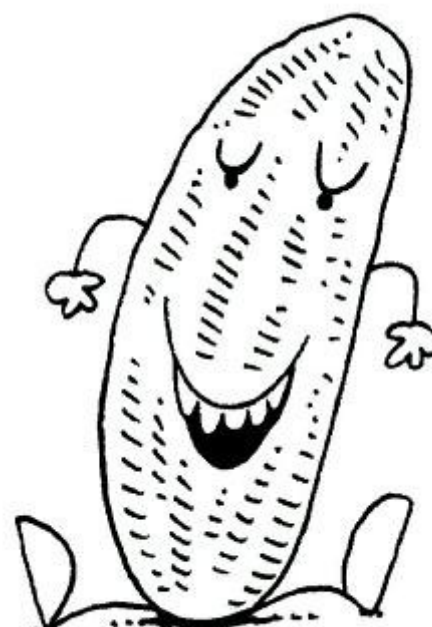
Georgie Garlic



Larry Lettuce

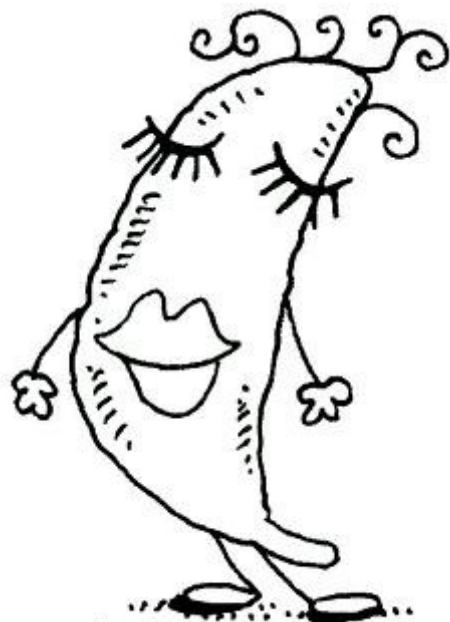


Kevin Kumara

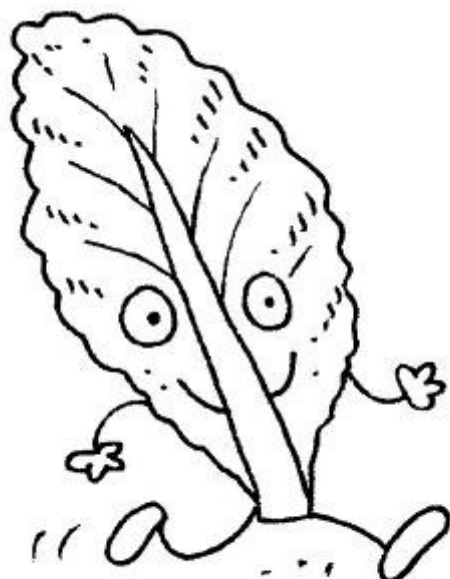


Cuthbert Cucumber

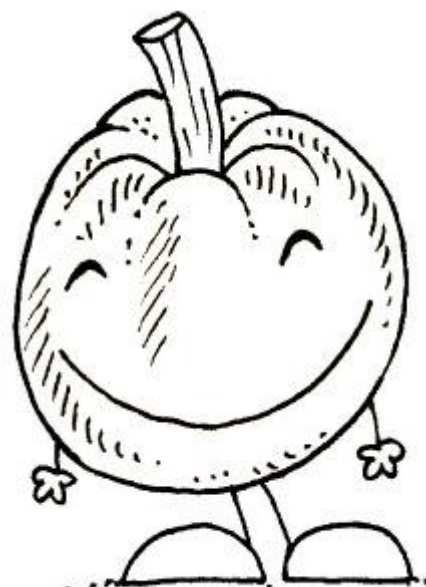




Patricia Peapod



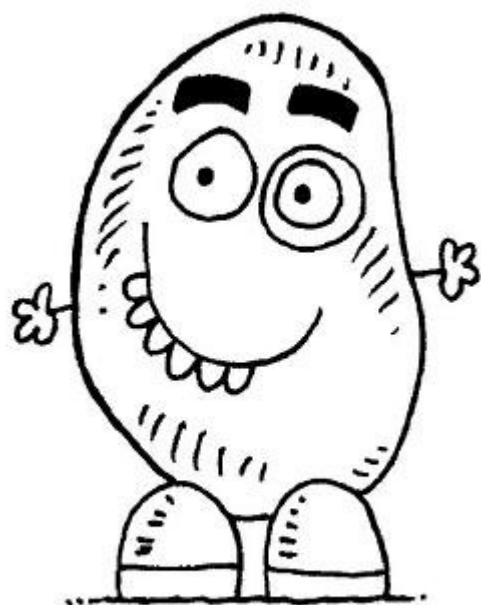
Sammy Silverbeet



Pedro Pumpkin



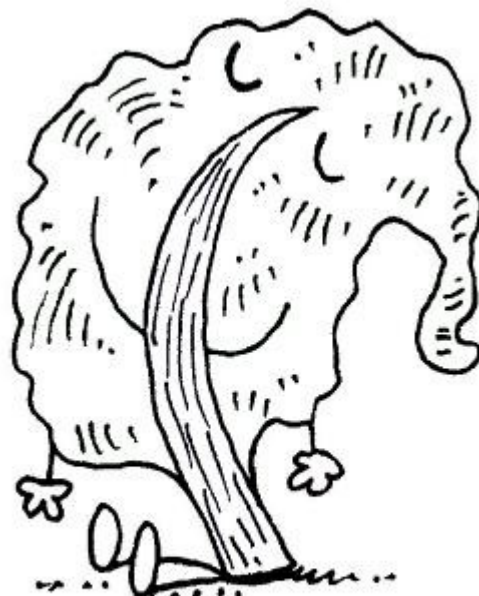
Barry Broccoli



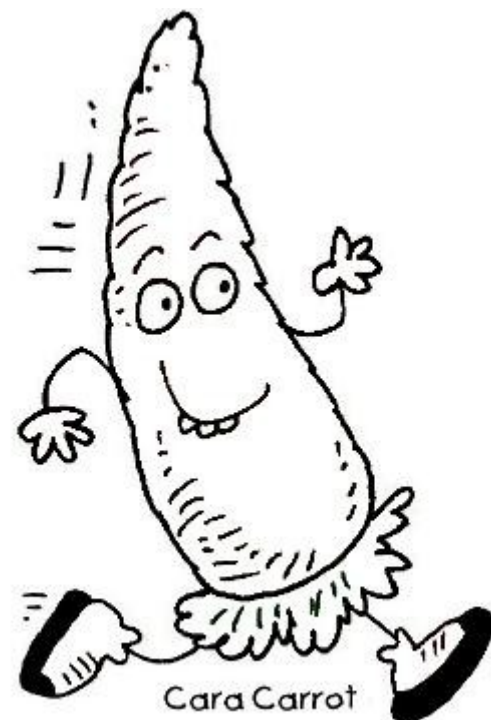
Pat Potato



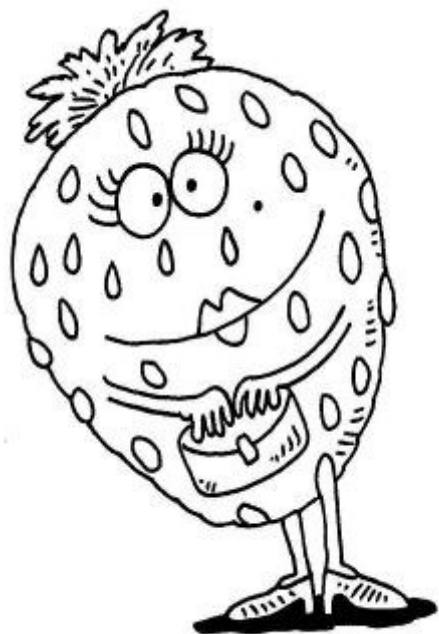
Tom Tomato



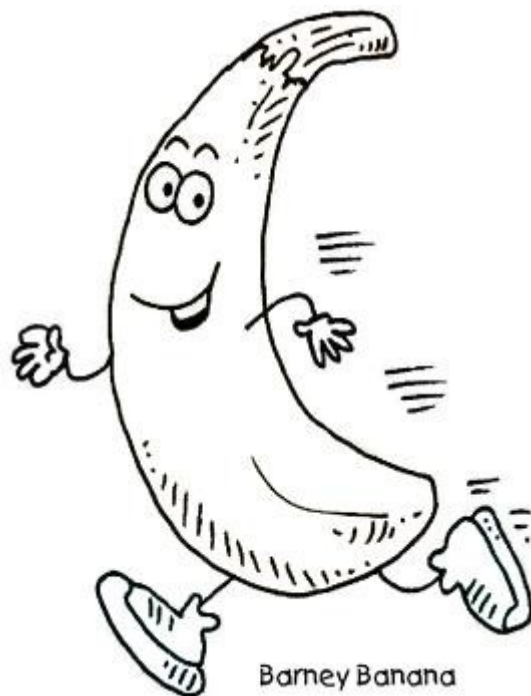
Rangi Rhubarb



Cara Carrot



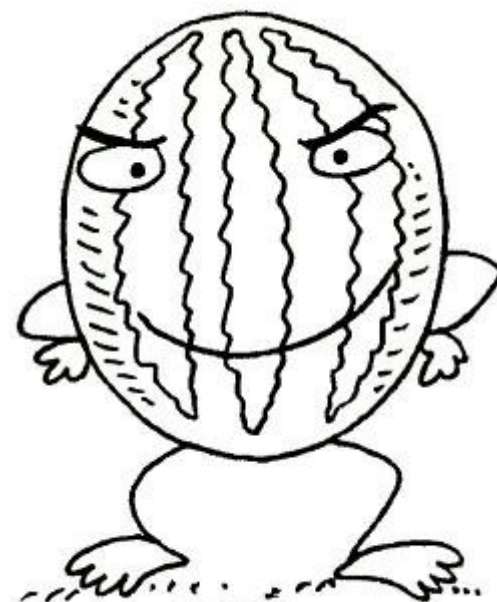
Stella Strawberry



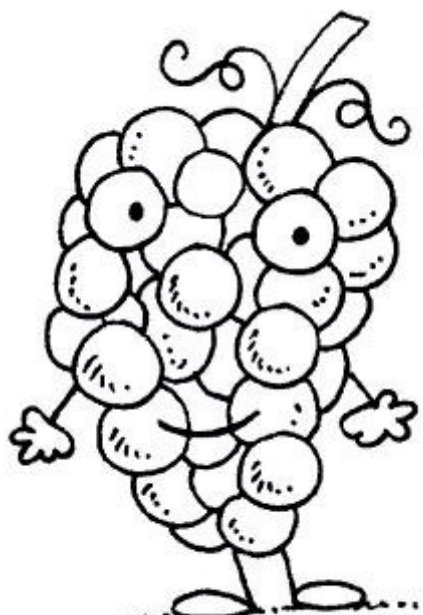
Barney Banana



Pete Pear



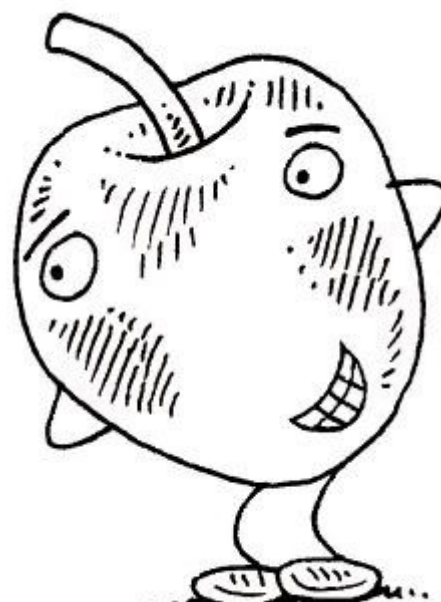
Mal Melon



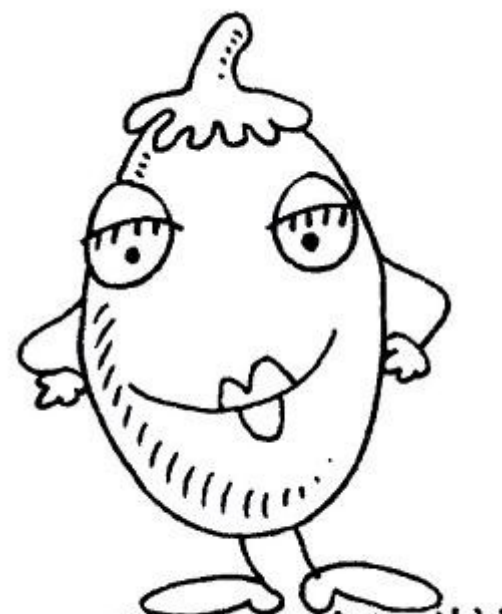
Garry Grape



Chuck Cherry

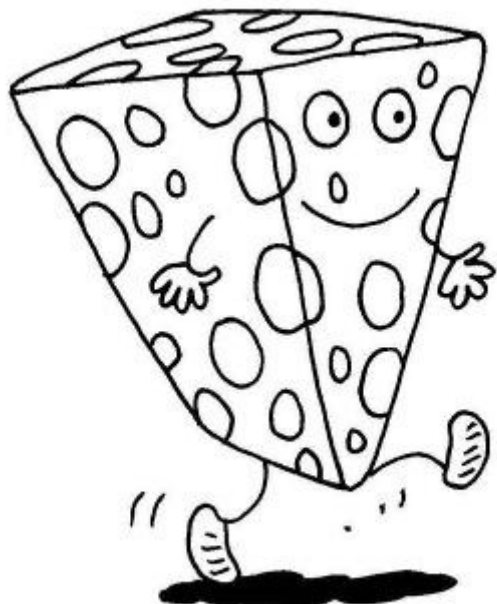


Andrew Apple

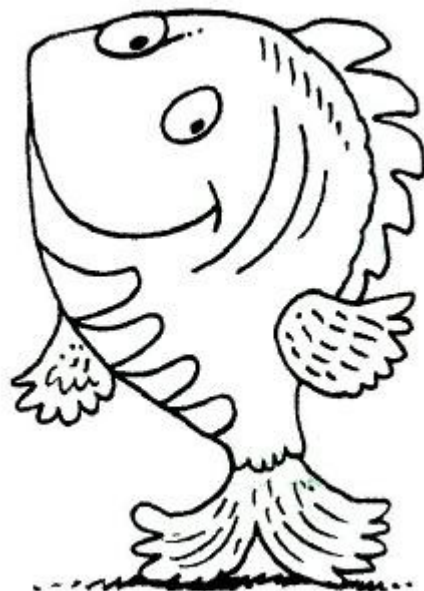


Paula Plum

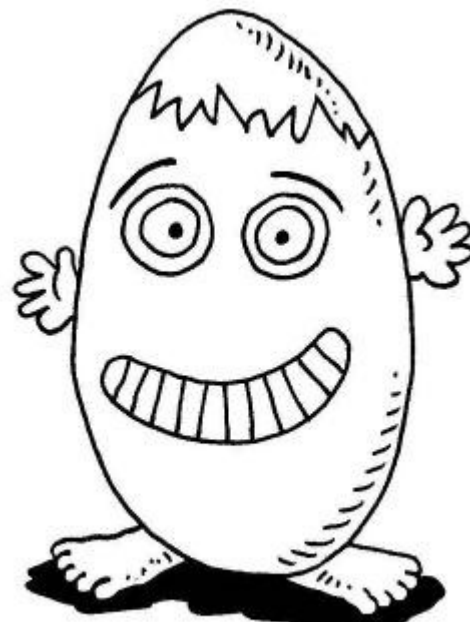




Chebea Cheese



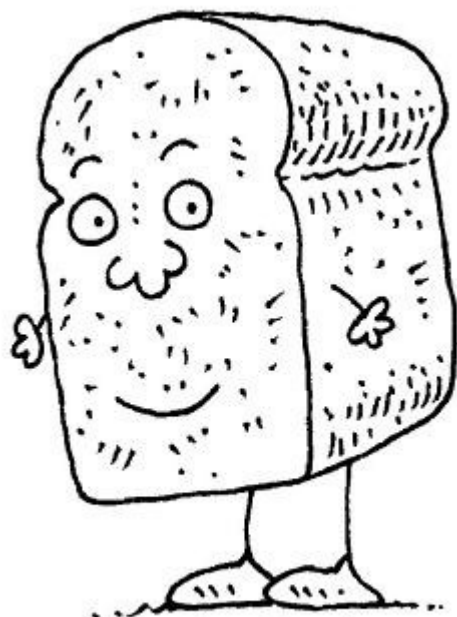
Fiona Fish



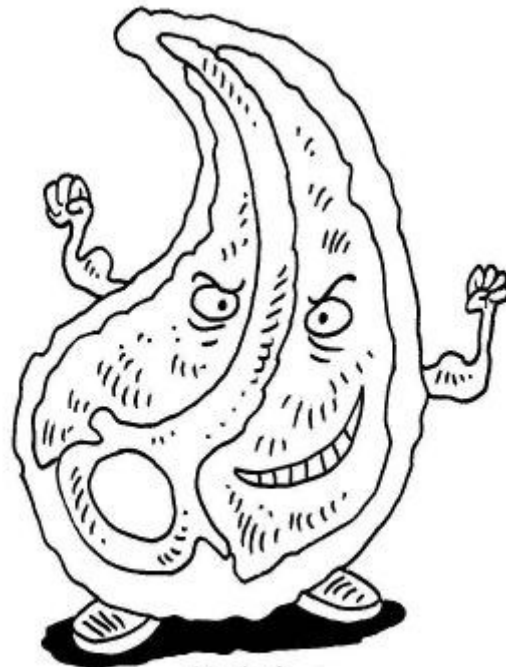
Edgar Egg



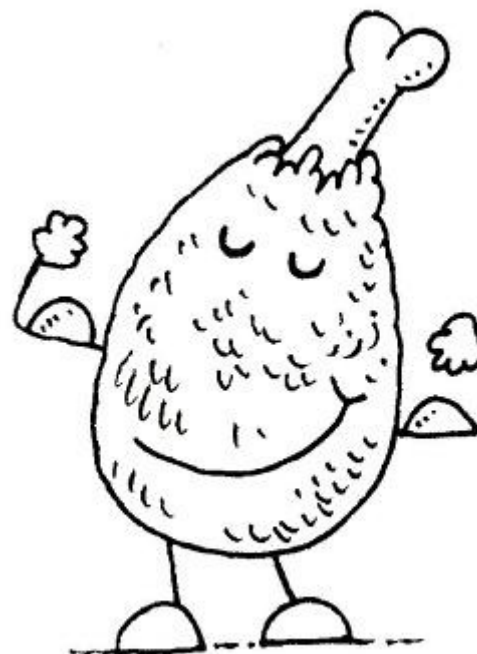
Molly Milk



Boris Bread



Max Meat



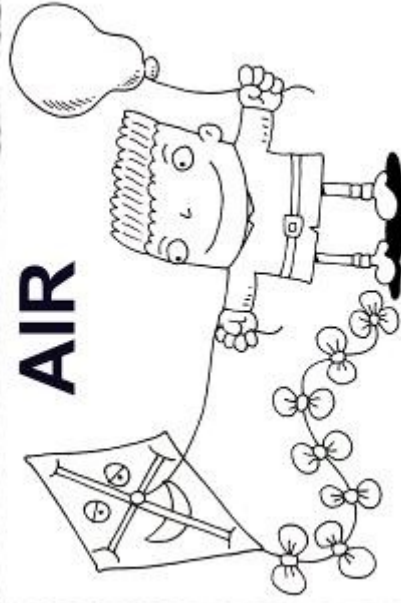
Mitch Meat



Yoggie Yoghurt



## AIR



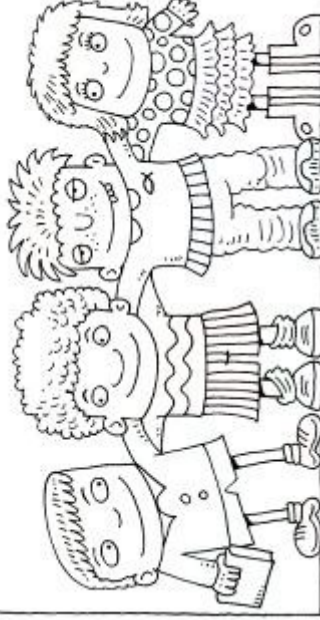
## FOOD



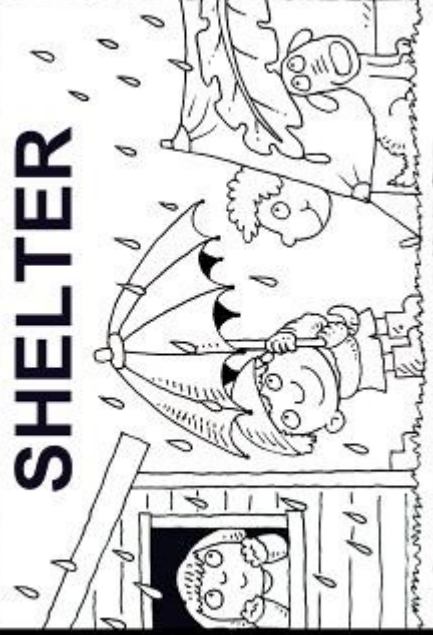
## SLEEP



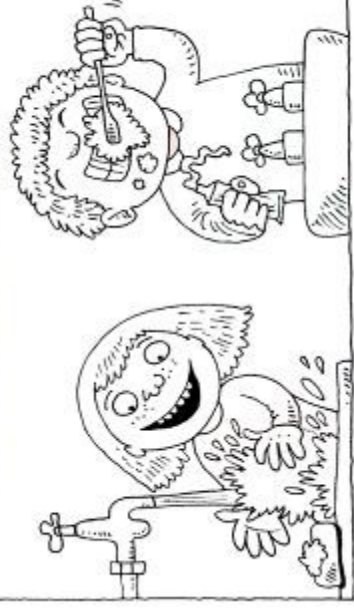
## FRIENDS



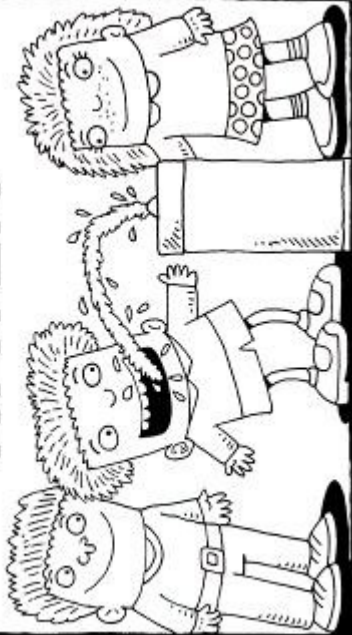
## SHELTER



## HYGIENE



## WATER



## EXERCISE



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