

# Eat lots of fresh fruit & vegetables



# Wash your hands

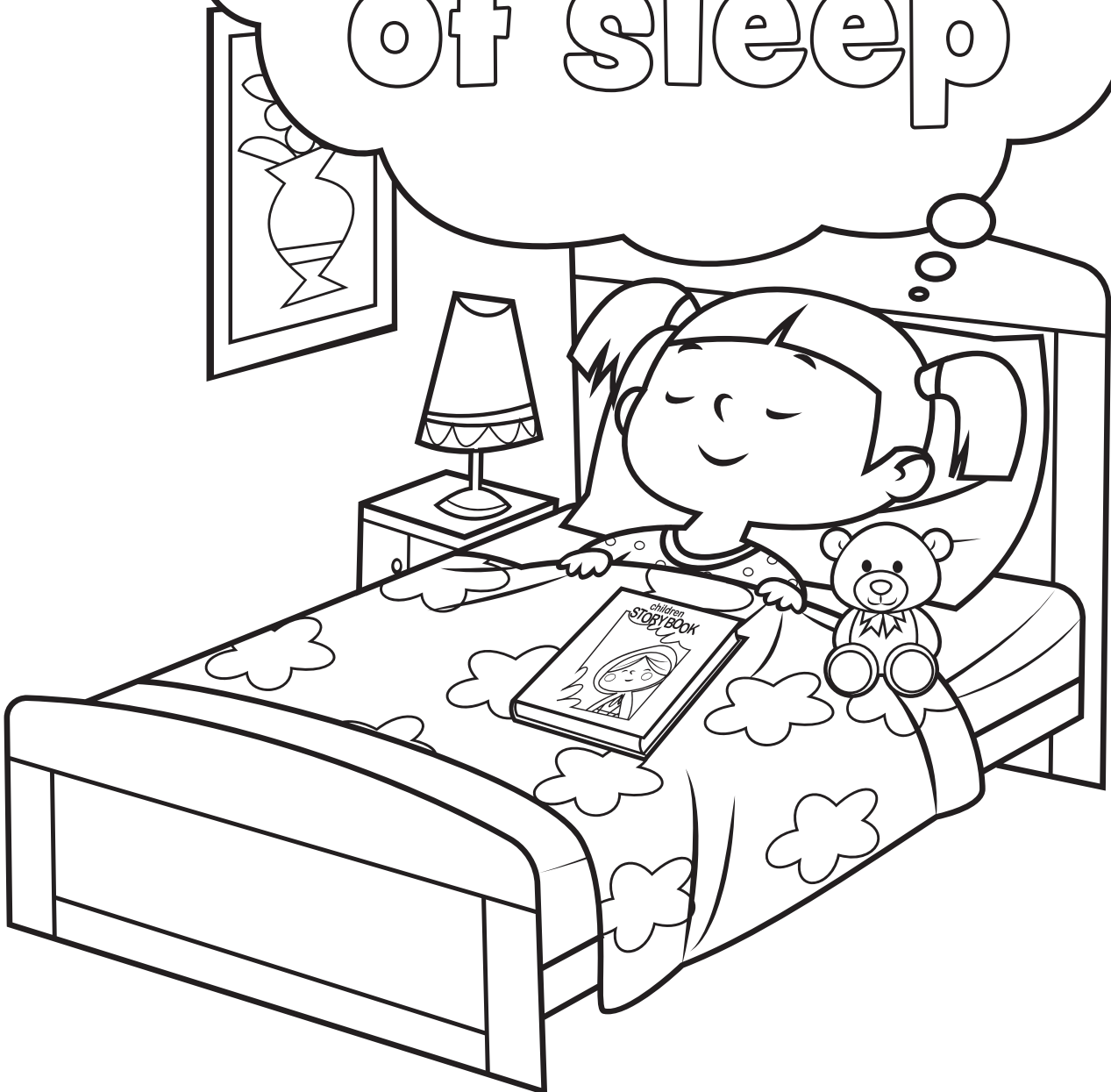




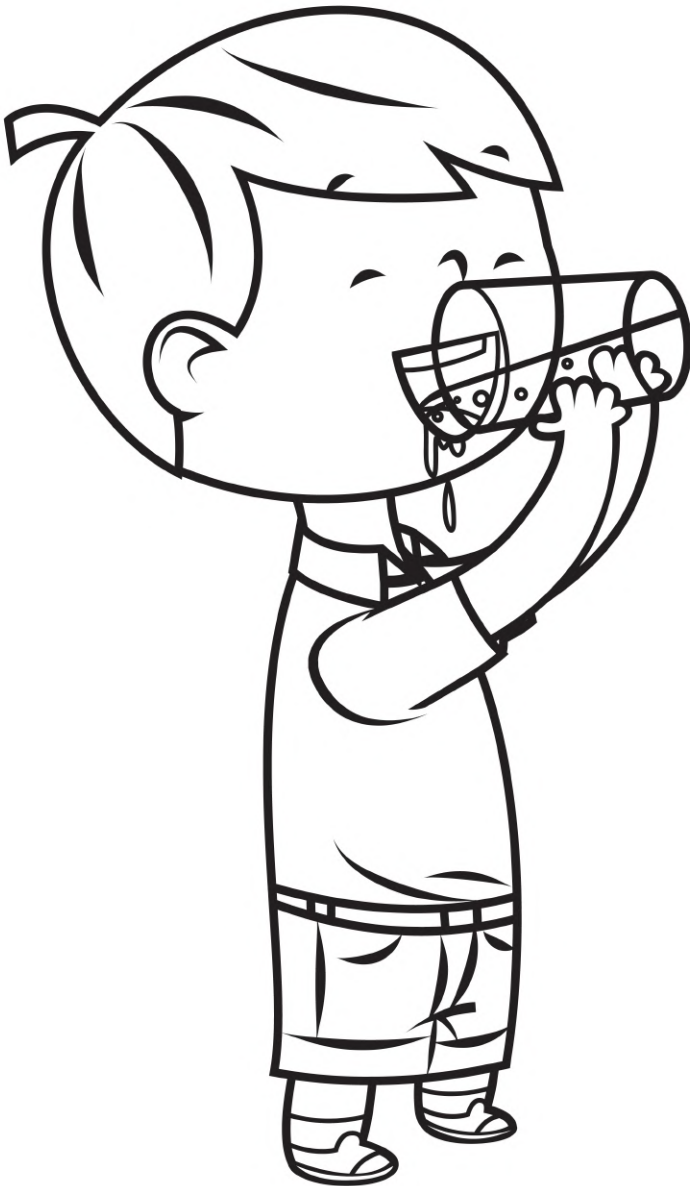
NESTLÉ\* NANKID\*  
**GROWING KID**  
ACADEMY

3-5 years

Get  
plenty  
of sleep



# DRINK WATER





NESTLÉ® NANKID®  
**GROWING KID**  
ACADEMY

3-5 years

# Move your body

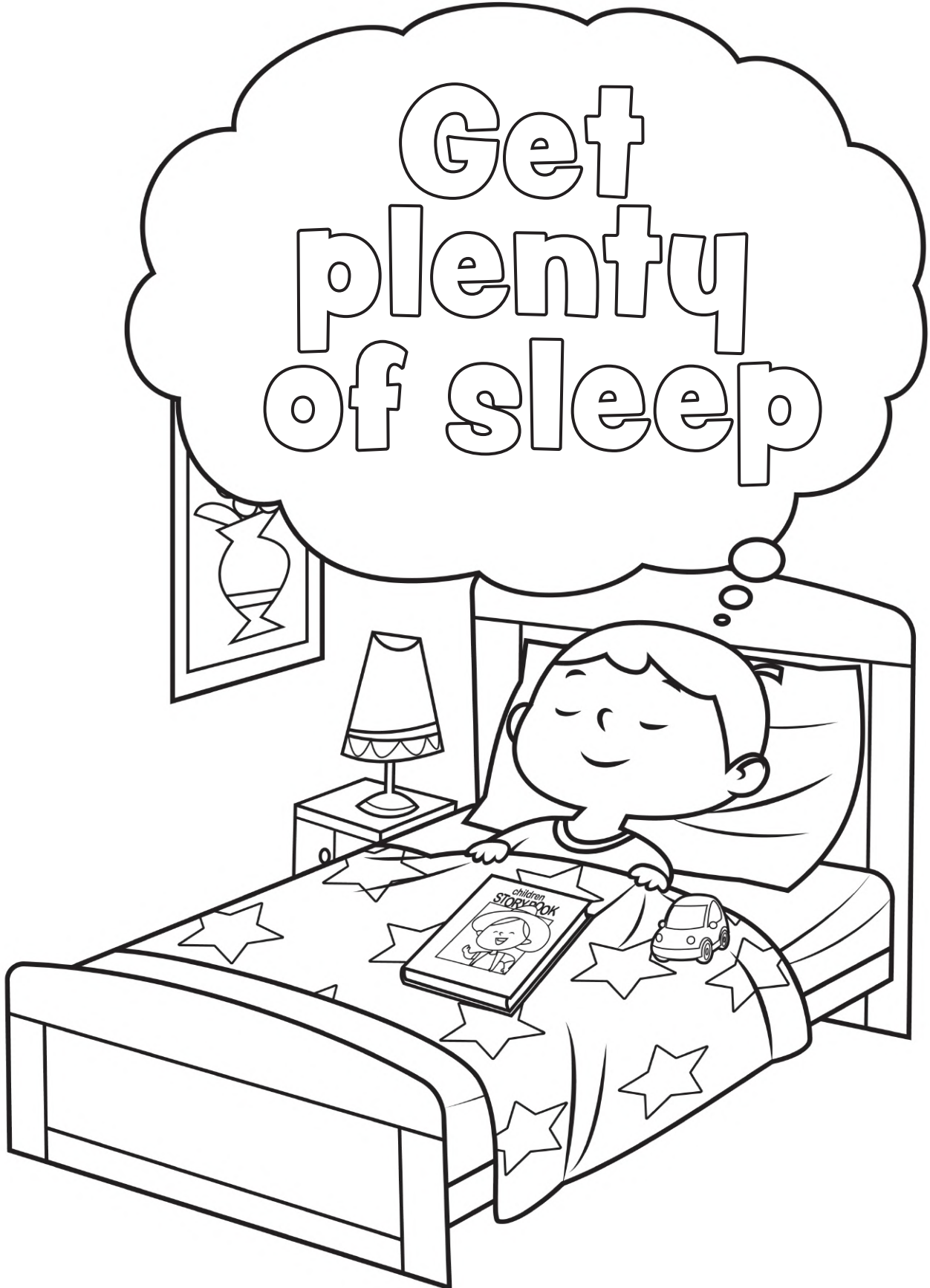




NESTLÉ\* NANKID\*  
**GROWING KID**  
ACADEMY

3-5 years

Get  
plenty  
of sleep





NESTLÉ\* NANKID\*  
**GROWING KID**  
ACADEMY  
3-5 years

# Eat lots of





NESTLÉ\* NANKID\*  
**GROWING KID**  
ACADEMY

3-5 years

# Wash your hands

