



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

# Eat lots of fresh fruit & vegetables





NESTLE® NANKID®  
**GROWING KID**  
ACADEMY  
3-5 years

# Wash your hands





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

Get  
plenty  
of sleep





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**GROWING KID**  
ACADEMY  
3-5 years

# DRINK WATER







NESTLÉ® NANKID®  
**GROWING KID**  
ACADEMY

3-5 years

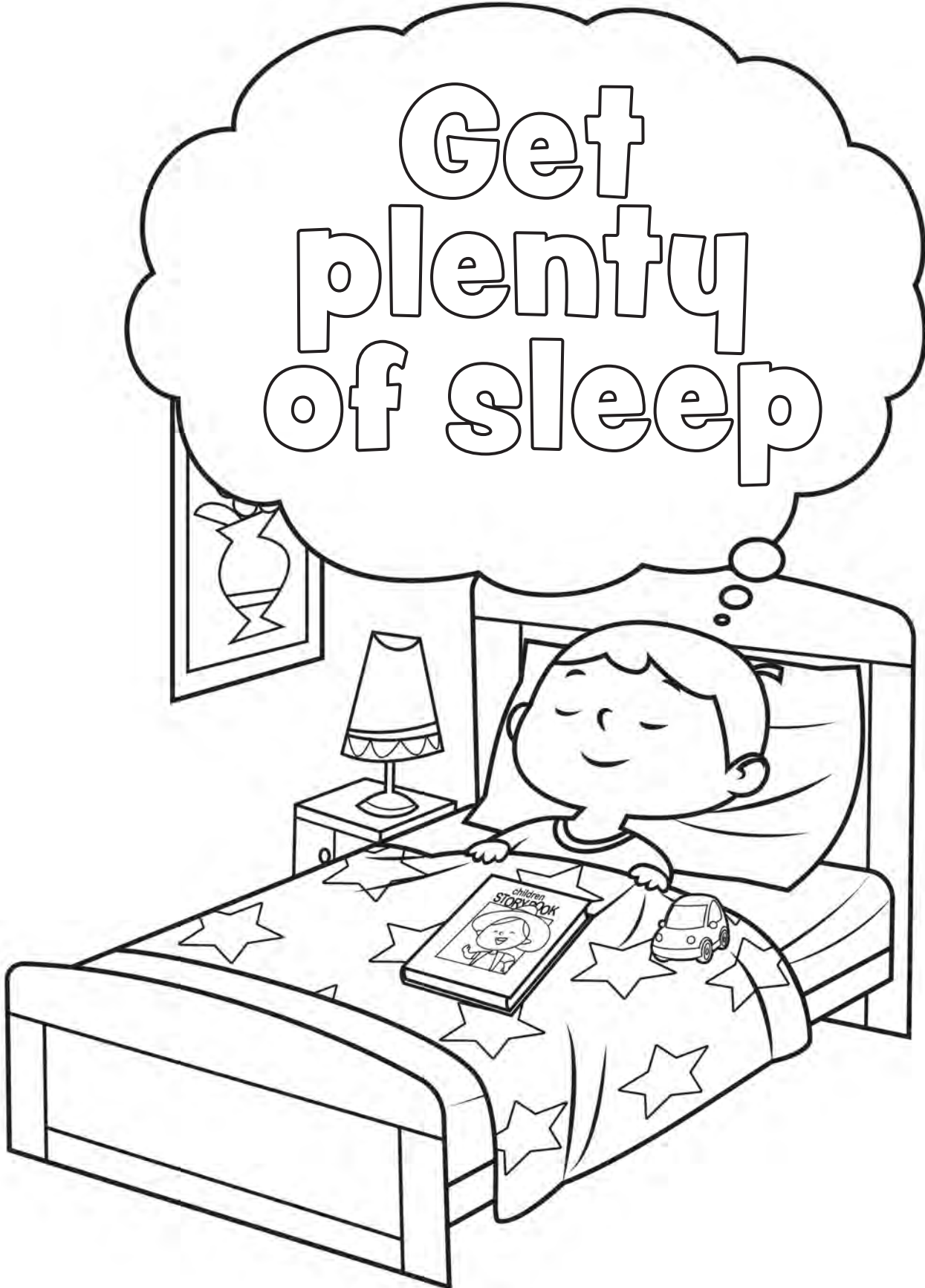
# Move your body





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# Eat lots of







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ACADEMY  
3-5 years

# Wash your hands

