





Eat All Foods In Moderation



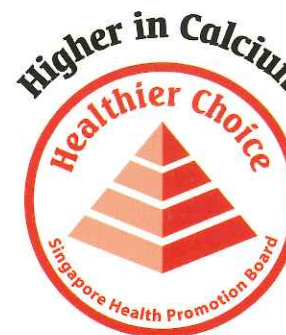
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Happy

Sad

Angry

Surprised

Scared

Disgusted

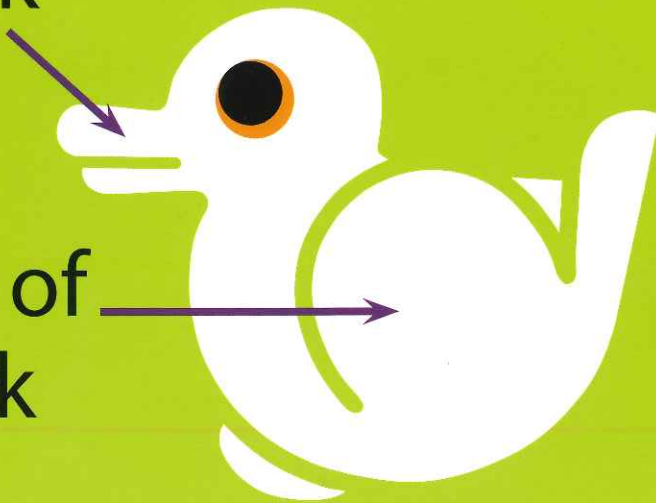
What animal do you see?



DUCK

beak of
duck

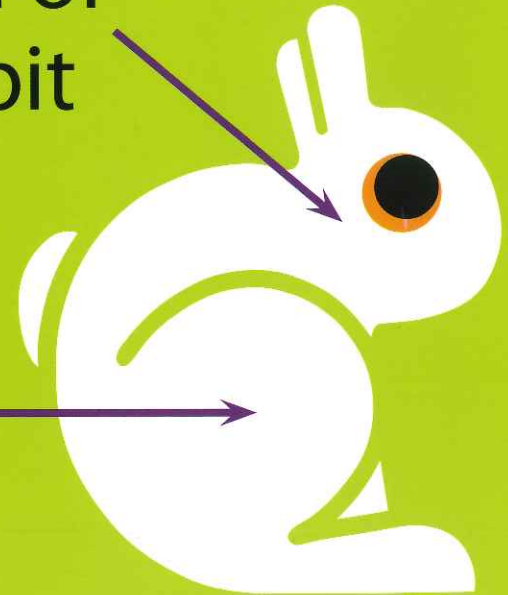
wing of
duck



RABBIT

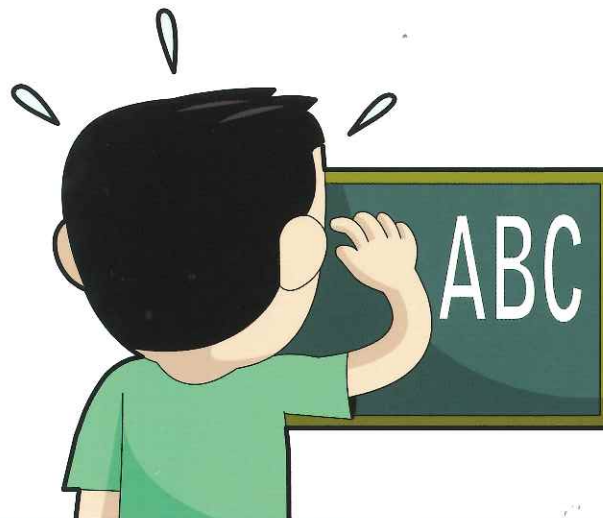
head of
rabbit

leg of
rabbit



What are some of the signs of Myopia?

You cannot see or read the board clearly.



You need to hold a book very close to your eyes to read

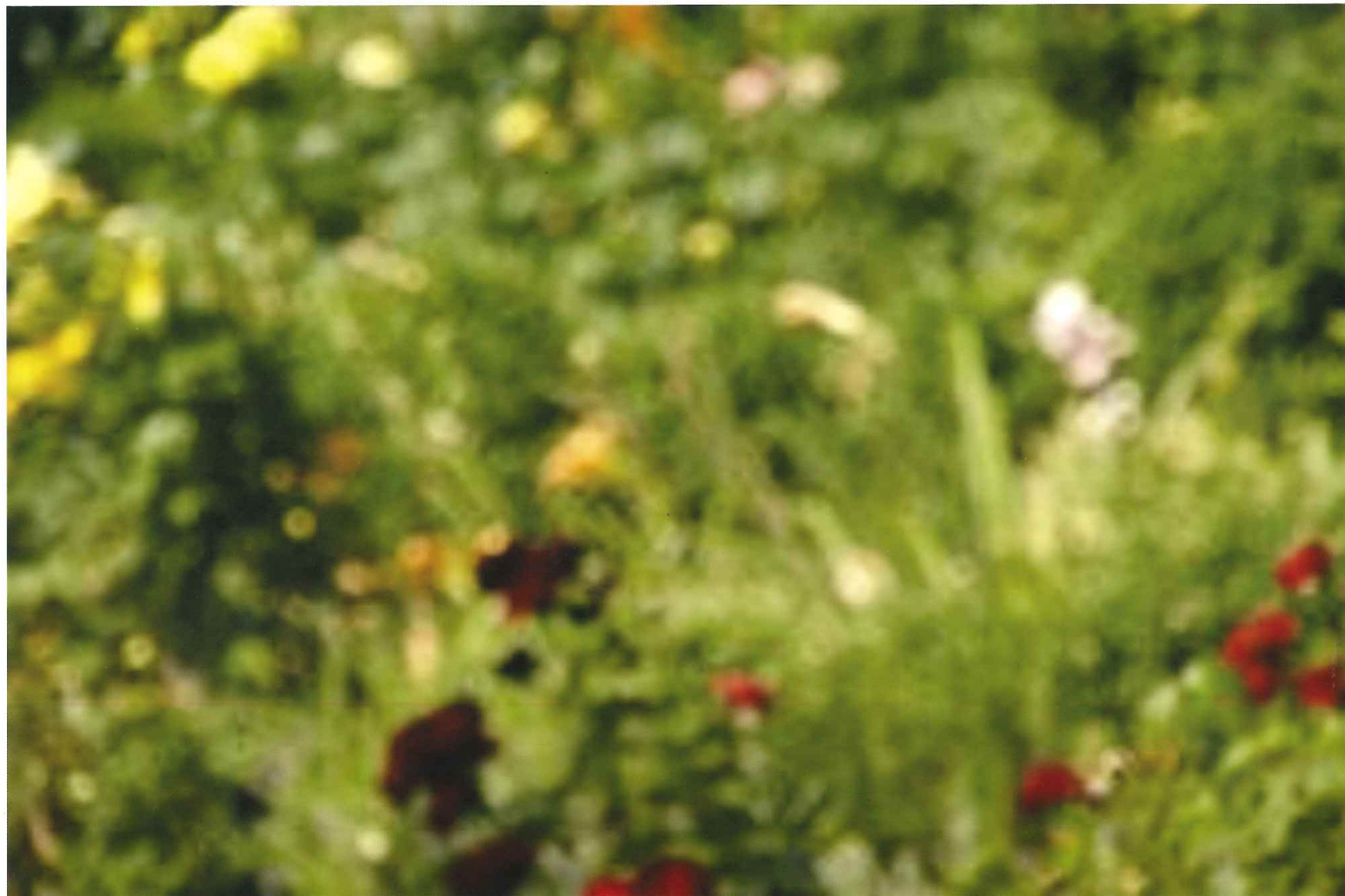


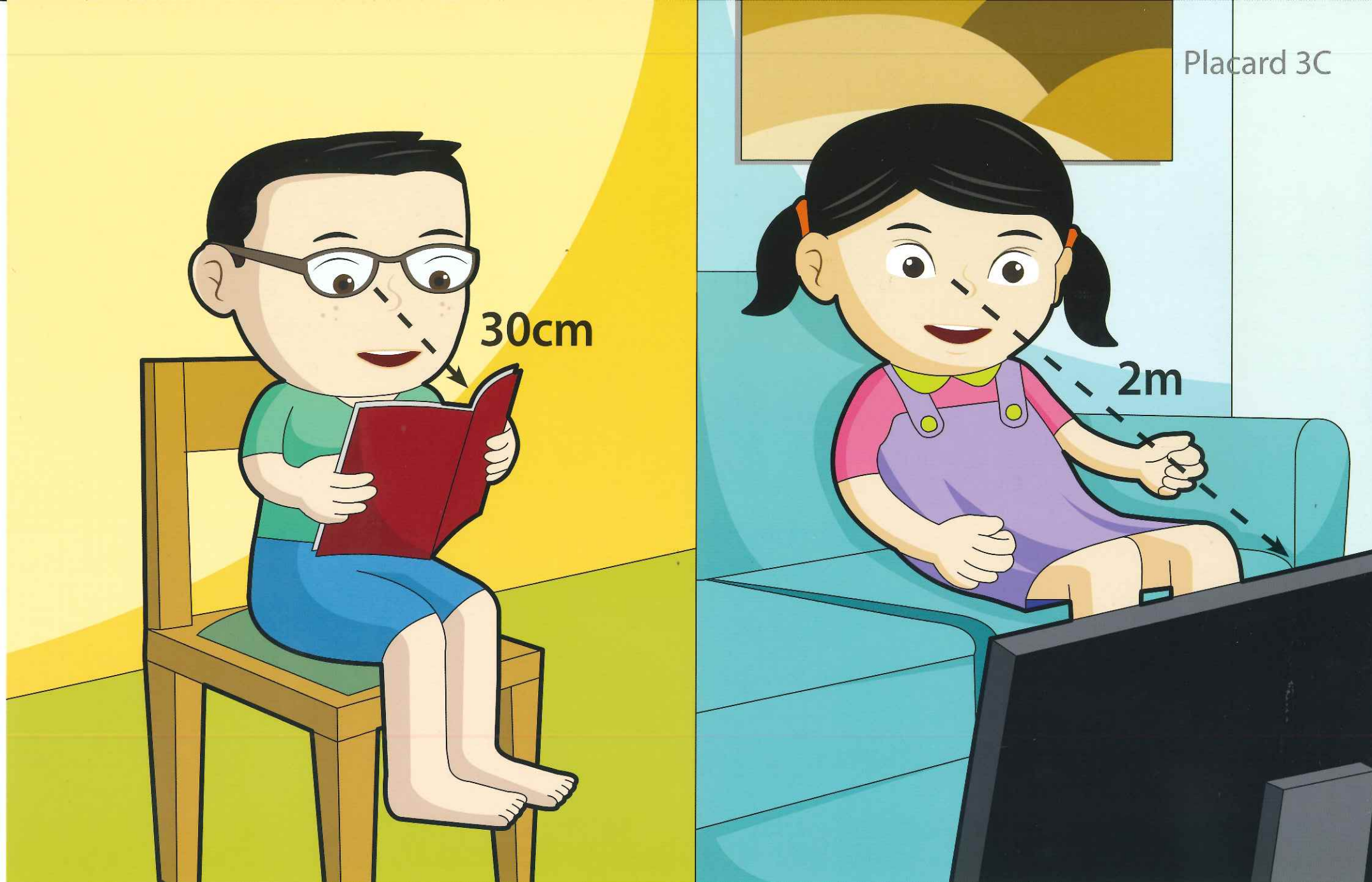
You need to often blink or rub your eyes.



You get teary eyed/ your eyes water easily.







Take eye breaks for 3-5 minutes after 30-40 minutes of near work





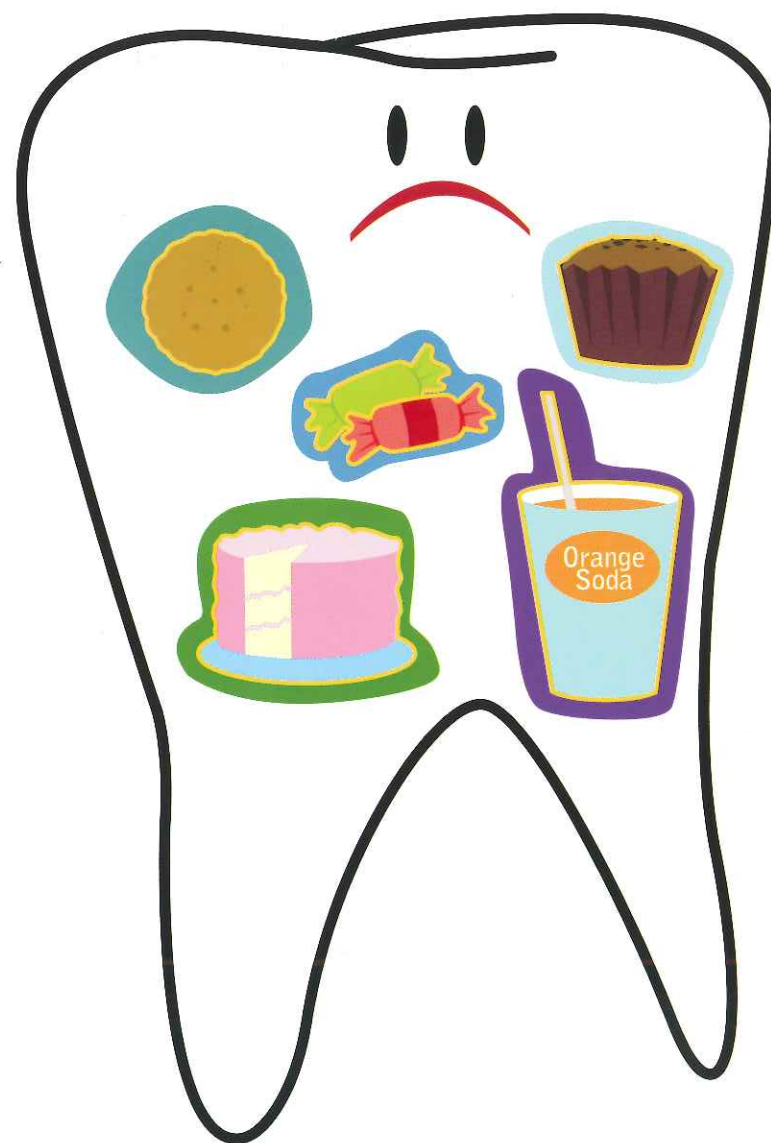
Healthy Teeth



Decayed Teeth



Healthy Food for my teeth



Unhealthy Food for my teeth



