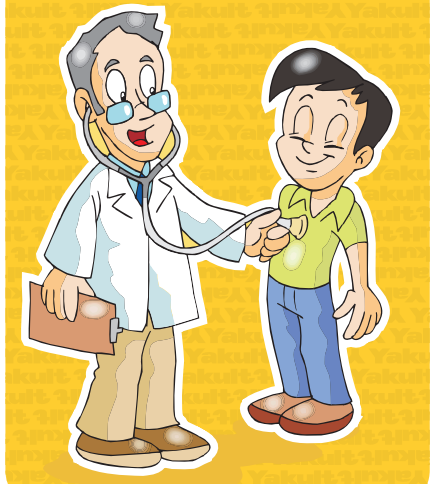
Acude al dentista

Acude al médico



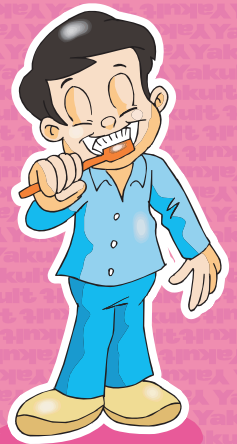
El ejercicio

El baile

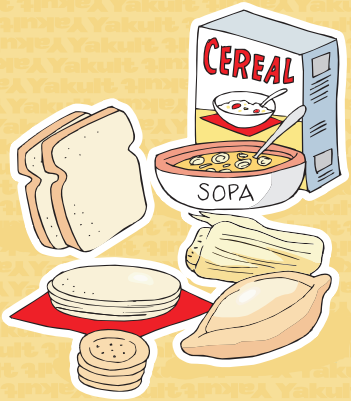
El calentamiento

La caminata

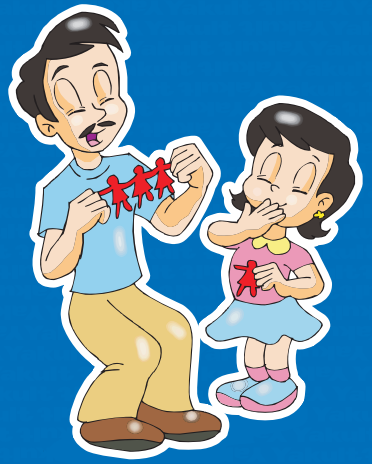
El cepillado de dientes



Los cereales

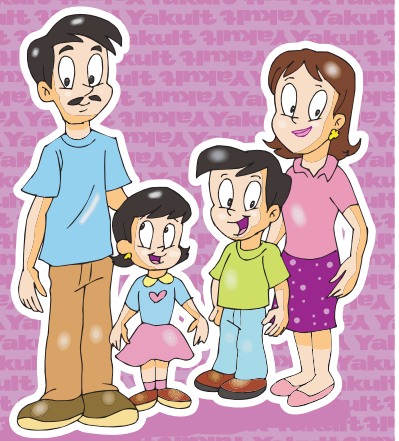


La convivencia

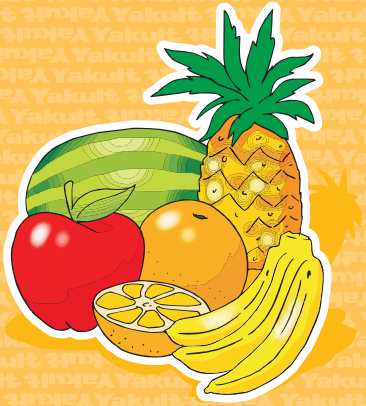


Exprésate

La familia

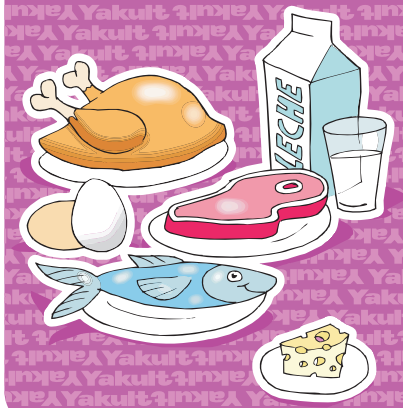


Las frutas



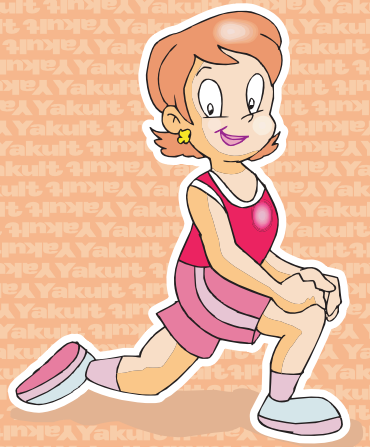
Las leguminosas

Los alimentos de origen animal



Da y recibe amor

La relajación



El Plato del Bien Comer

Las verduras

Toma agua sola

Lávate las manos