



## Being healthy

Mum says I have to brush my teeth  
In the morning and at night.  
They look and taste much better  
But I hate it when she's right.

Dad says I have to take a bath  
And wash my body well.  
I do feel nice and clean and fresh  
But now *he's* right as well!

My brother says I have to wash  
My hands to keep them clean.  
He's right, my fingers feel so good  
Without dirt in between.

My sister says I have to eat  
Some vegetables each day.  
She's right, I have more energy  
To run and walk and play.

I feel more healthy and I've got  
Much better teeth and skin.  
Don't tell them that I think they're right -  
I hate it when they win!

*Gillian Craig*

## Poems

