



Eat right. Be active. Get healthy.

## LET'S GO! TERO 5210 I GANG KWAN Wek tuku obed cal mic bot lotino ma meggi



### Tuku me tim ma ber

- Coo coc ma nyutu tim maber ii waraga
- Ka i neno tim ma ber ket la cier i nget coc pi kare ducu
- Ka ii neno ni latini tye ki la tyer/cier ma pol, mi mic bot en

Med kare me tuku dok mic bot latin ma pwud pe ocako cam nyo i ngee cam pi tyeko tic atima me gang kwan



Gwok i mii dok mic bot latini wek onen TV nyo tic komputa



Yer tuku ma ber, pi kare ducu



Kony latin ma meggi wek otem kit tuku nyo dul/lwak ma nyien

### Kit me timo ne ma yot:

1. Mar tuku
2. Bed ma cal la por nyo la nyut
3. Yer tuku ki jami me ku ma coyo kom latin

Lim [www.letsgo.org](http://www.letsgo.org) Ka i mito ngeo ma pol

