

Before and after your <u>first / breakfast</u> meal have 1 cup of water

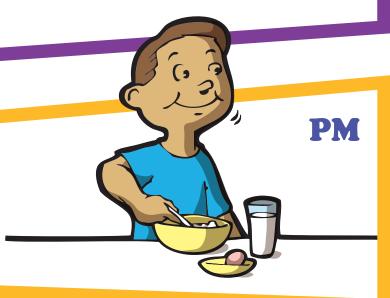


After noon

during the lunch time period and before you return to class have I cup of water



During midbreak or before leaving school
drink 1 cup of water.



Before and after your <u>last / dinner</u> meal have 1 cup of water