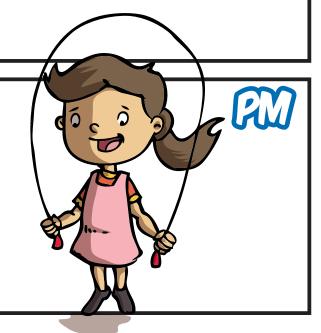


Before and after your _____ meal have 1 cup of water







During mid-_____ break or before leaving school drink 1 cup of water.

Before and after your _____ meal have 1 cup of water

