From Nutrition Support Team to Everyone

Are you all fine?
Do this to keep the virus out!

① Avoid places with many people (patience is required)
② Wash your hands carefully. Gargle.
③ Brush your teeth carefully after every meal.
④ Exercise. Physical strength is important (be careful with ①).
⑤ Sunshine a little bit. It also protects your body (be careful with ①).
⑥ Sleep well at night.
⑦ Eat well. Not only rice, but also meat, fish, eggs and milk (as long as you're not allergic to them, of course).
⑧ Eat enough vegetables and fruits.
⑨ And...don't forget to study! Oops!
⑩ Have a happy time! Don't forget to smile! Encourage adults with your smile!

Nutrition Support Team of Kanagawa Children's Medical Center supports everybody.