Health

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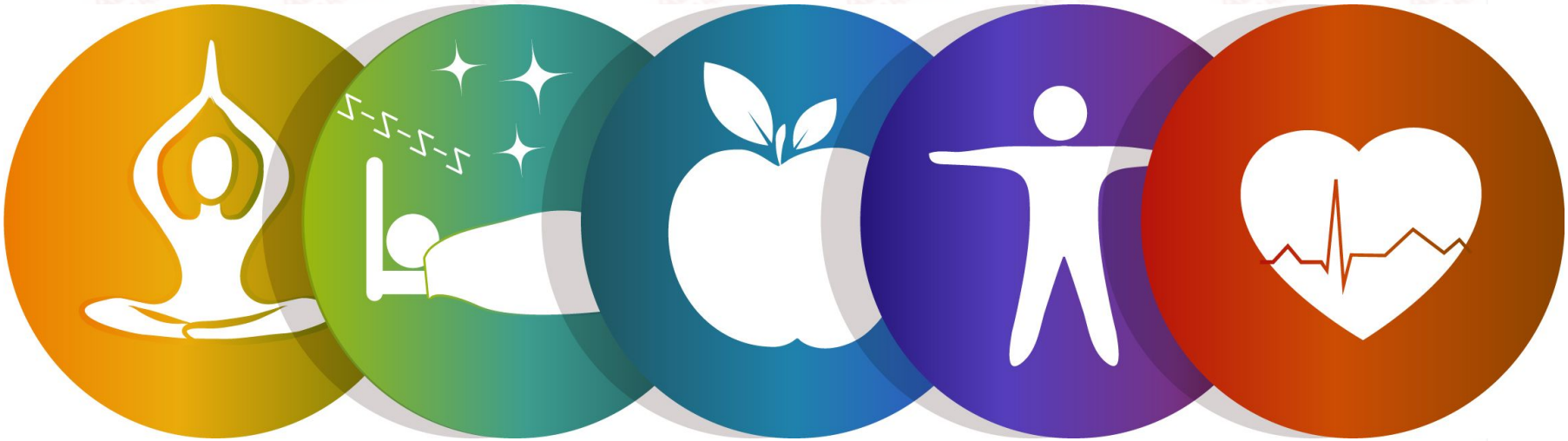
Introduction

Health is defined as a state of being physically, mentally and socially fit. It is not just the absence of disease but it tells us about a person's condition. A balanced diet, exercise and discipline are the key to maintain one's health.



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Role- play

Claire and her mother

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