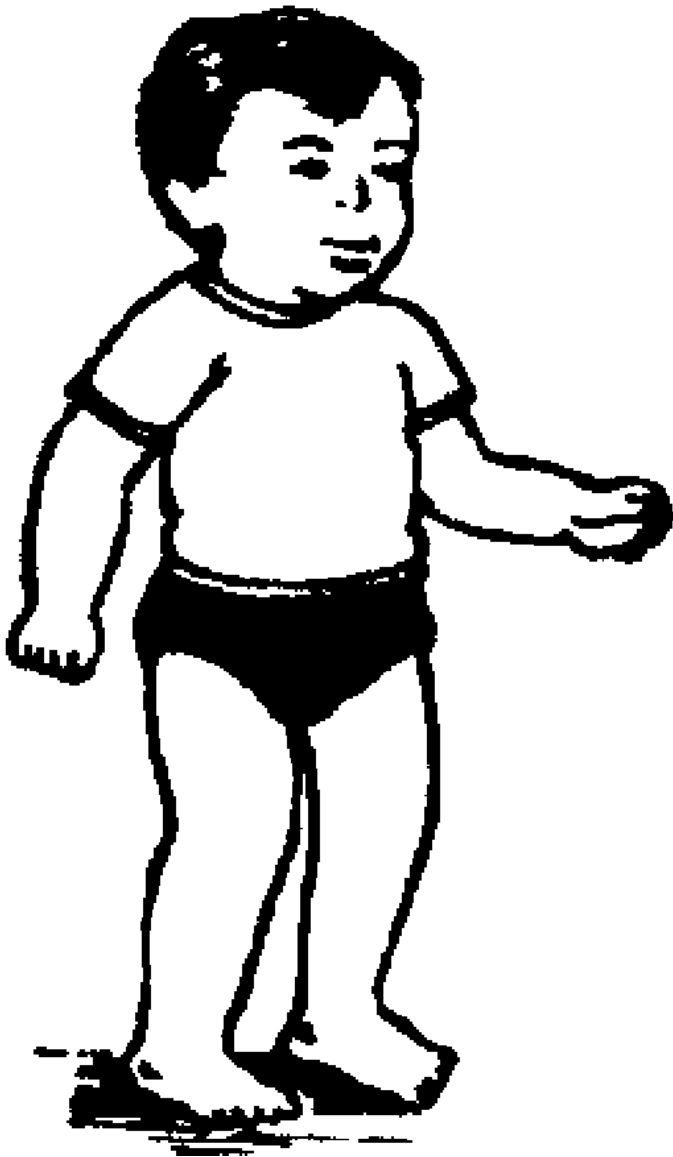


Front Cover
Paglimpyo sa Lawas



Stage 10 (Decodable)
CebuanoHealth

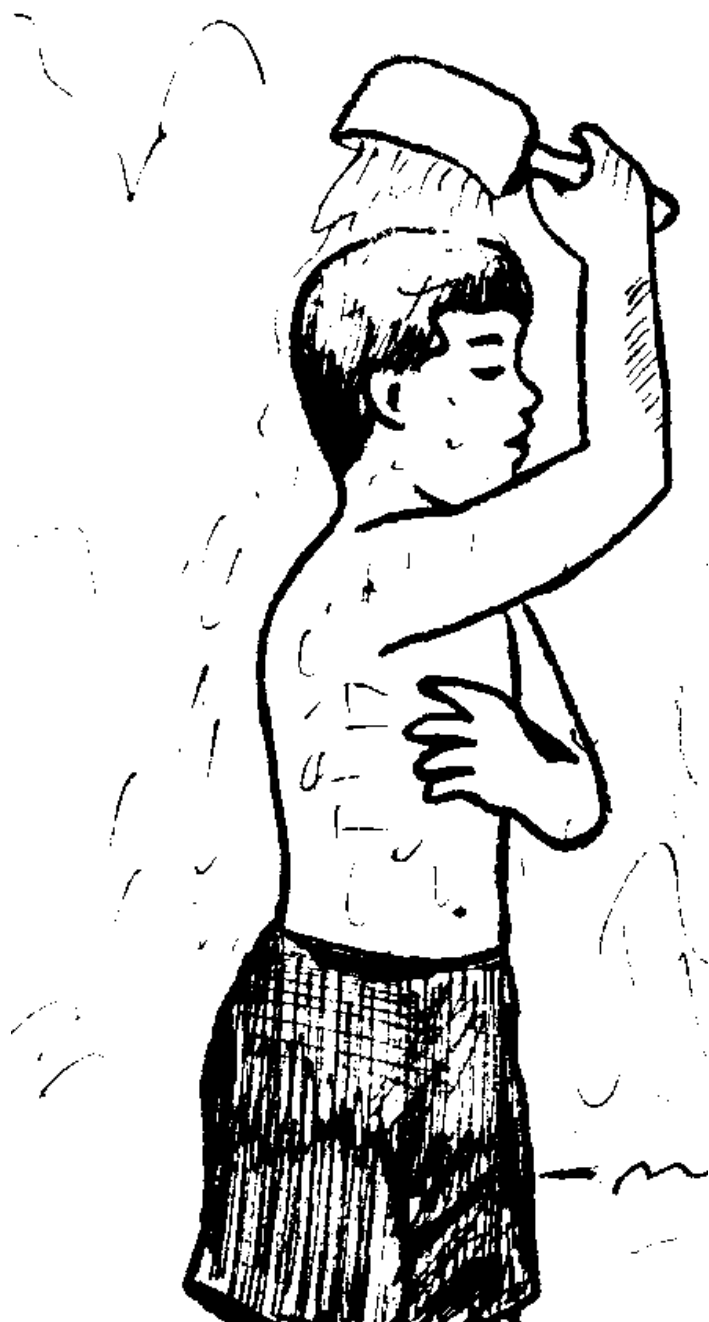


Kini atong lawas.

Kini atong ampingan.



Magsul-ob ug sinina.
Siguroa nga limpyo kini.





Maligo kada adlaw.
Manabon ug magsyampo.



Manghilam-os.
Gamit ang sabon ug tubig.



Putlan ug kuko.
Kon kini taas na kaayo.



Sudlayon ang buhok.
Tupihan kon tag-as.



Manghugas sa kamot.
Sabunan pah-ayo.



Manghimasa sa tiil.
Lugdan ug maayo.



Limpyohan ang dungga.
Ug limpyo nga trapo.

Title Page

Paglumpyo sa Lawas

Gisuwat ni: Rosalie D. Racaza

Gidibuho ni: Hannah Lee Abella

Stage 10 Grade 1 (Decodable) Health

Cebuano Cebu City, Cebu, Philippines



<http://creativecommons.org/licenses/by/4.0/>You are free to make commercial use of this work. You may adapt and add to this work. You must keep the copyright and credits for authors, illustrators, etc. Translations-If you create a translation of this work, please add the following disclaimer along with the attribution: This translation was not created by USAID and should not be considered an official USAID translation. USAID shall not be liable for any content or error in this translation. Adaptations-If you create an adaptation of this work, please add the following disclaimer along with the attribution: This is an adaptation of an original work by USAID. Views and opinions expressed in the adaptation are the sole responsibility of the author or authors of the adaptation and are not endorsed by USAID.

Inside Front Cover

Sugilanon sa Libro:

Ang estorya mahitungod sa saktong pag panglimpyo sa lawas.

Gigamit nga mga Letra:

m, a, t, k, s, y, o, -, n, ay, p, g, i, d, l, u, b, h, w, r, e, ng, pr, gr,
tr, kw, ñ, c, j, f, q, v, x, z

Mga sige ug gamit nga mga pulong:

lawas, ang, lawas, ug, kini, sa, nga

Mga bag-ong pulong nga makat-unan:

mahalon, lugdan, tupihan

The End



USAID
FROM THE AMERICAN PEOPLE



**Australian
Aid**

