

# The 3 Fives

## Five keys to safer food

- Keep clean
- Separate raw and cooked
- Cook thoroughly
- Keep food at safe temperatures
- Use safe water and raw materials

## ✓ Five keys to safer food

### ✓ Five keys to a healthy diet

### ✓ Five keys to appropriate physical activity

## Five keys to a healthy diet

- Give your baby only breast milk for the first 6 months of life
- Eat a variety of foods
- Eat plenty of vegetables and fruits
- Eat moderate amounts of fats and oils
- Eat less salt and sugars

## Five keys to appropriate physical activity

- It is never too late to start regular physical activity
- Be physically active every day in as many ways as you can
- Do 30 minutes of moderate-intensity physical activity 5 days a week
- If you can, add vigorous-intensity physical activity
- Encourage young people to do at least 60 minutes of physical activity daily



**Healthy choices,  
healthy life...**



World Health Organization



Ministry of Health  
P. R. China



Beijing Food Safety  
Administration

