

HIGIĒNAS ABC

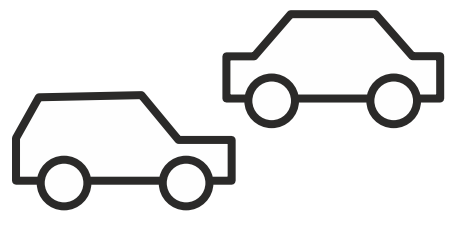
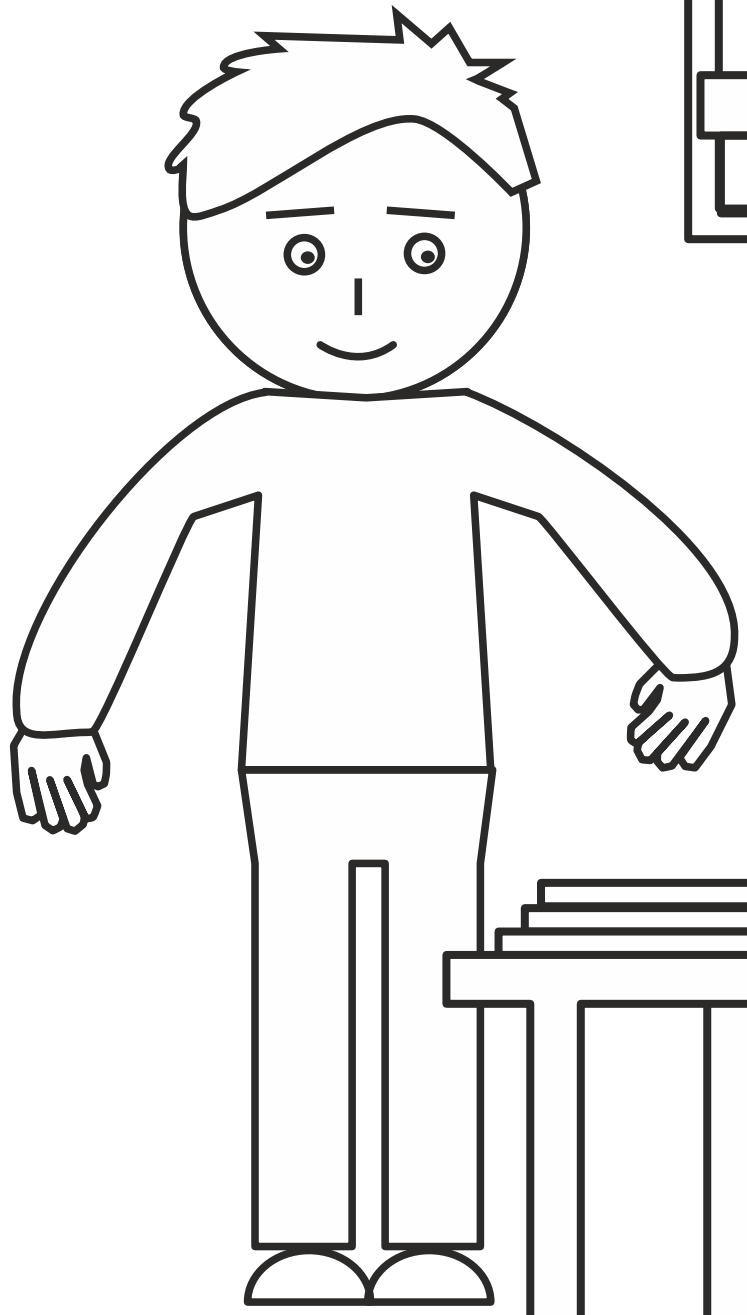
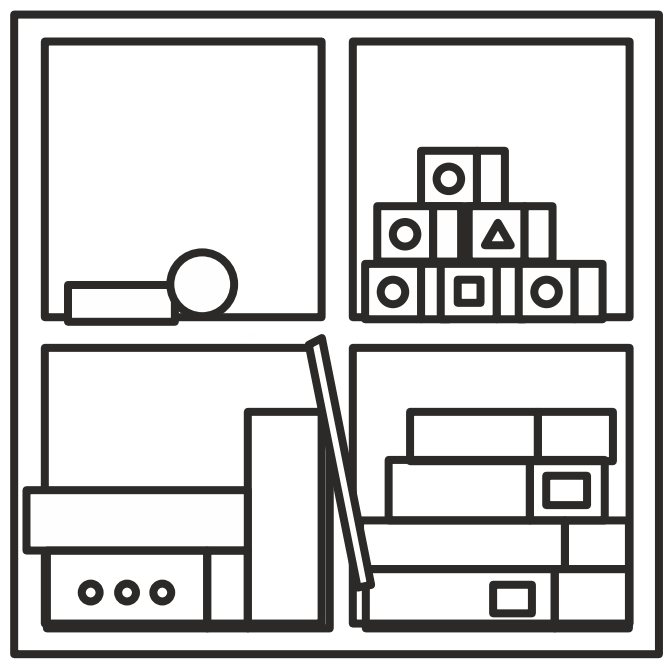
**Krāsojamā uzdevumu grāmata
pirmsskolas un sākumskolas
vecuma bērniem**



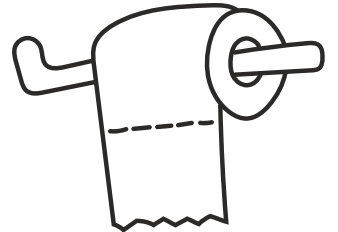
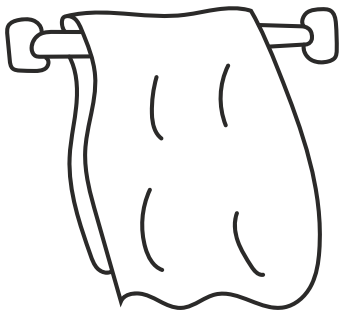
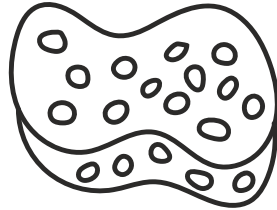
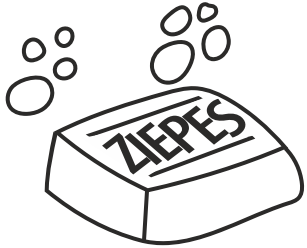
Slimību profilakses un
kontroles centrs



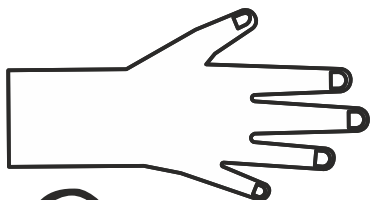
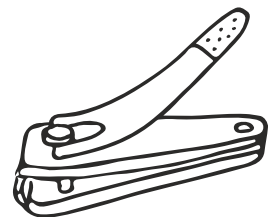
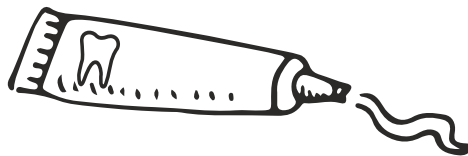
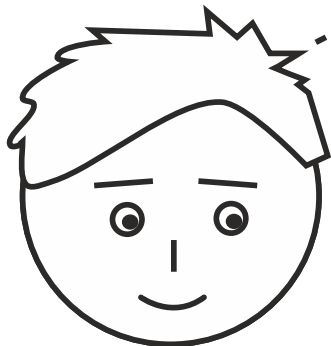
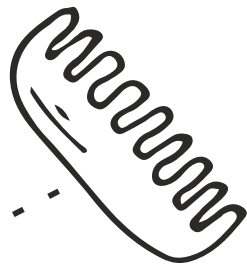
SVEIKI!
MANI SAUC JANCIS!
IZKRĀSO MANI!



IZKRĀSO PRIEKŠMETUS,
KURI IEDERAS VANNAS ISTABĀ!

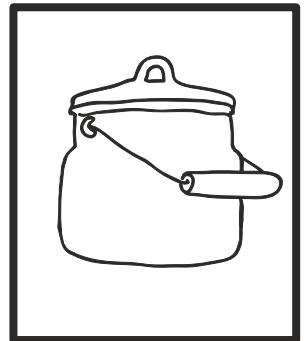
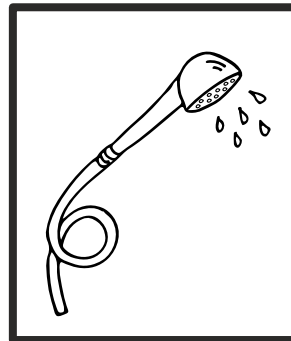
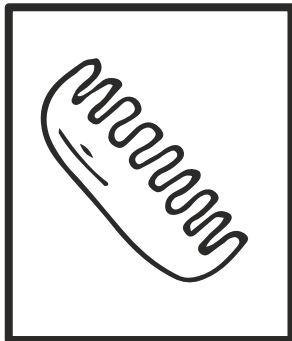
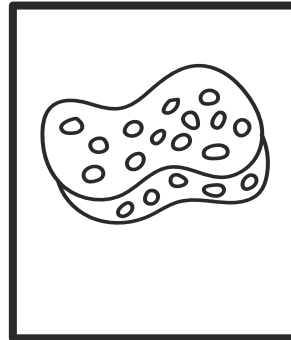
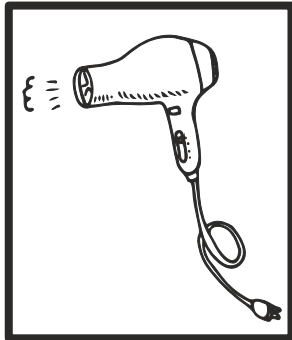
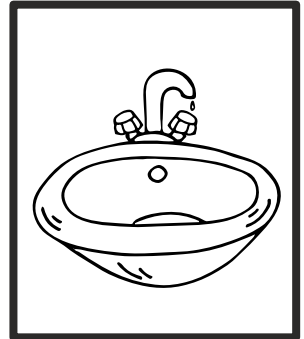
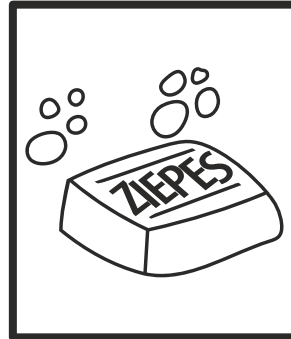
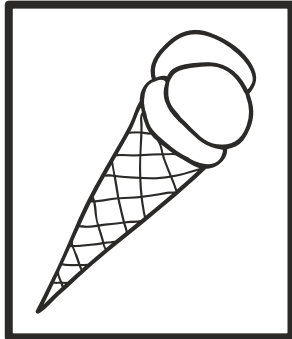
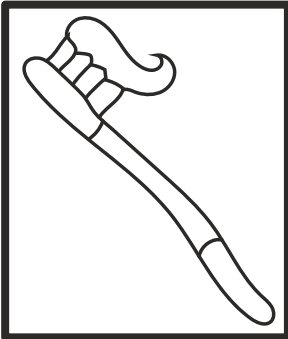
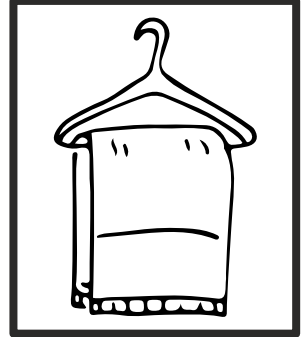
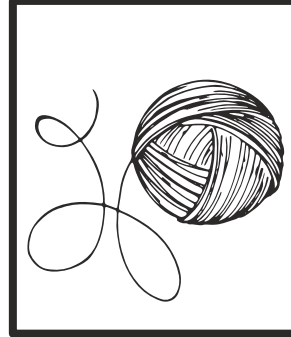
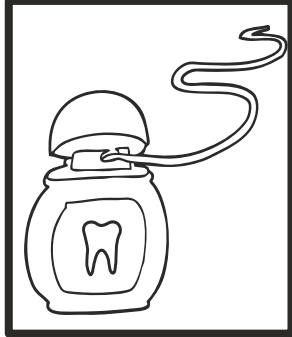
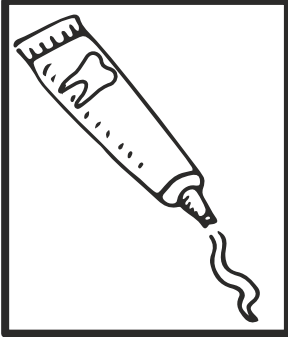


ATRODI SADERĪGO UN SAVIENO!

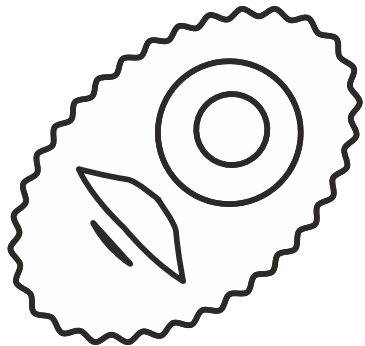
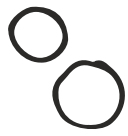




„CETURTAIS LIEKS” .
IZKRĀSO PRIEKŠMETU, KAS NEIEDERAS!

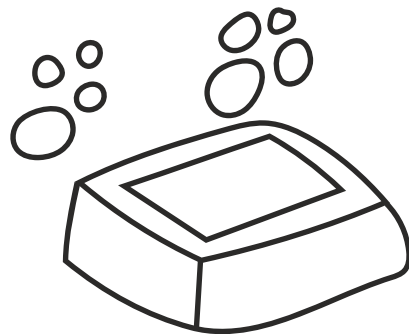


ATRODI BURTIEM PAREIZO VIETU
UN IZKRĀSO ATTĒLUS!



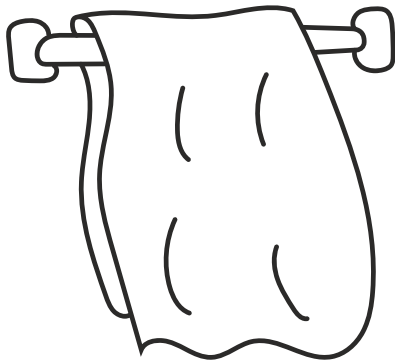
M_KR_BS

I,O



Z__P_S

E, IE



DV__L_S

IE, I



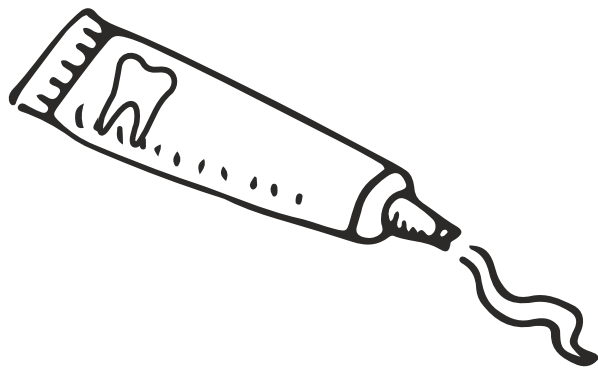
Š_MP_NS

Ū,A



Ū_E_S

N,D



Z_B_ P_ST_

O,U A,A

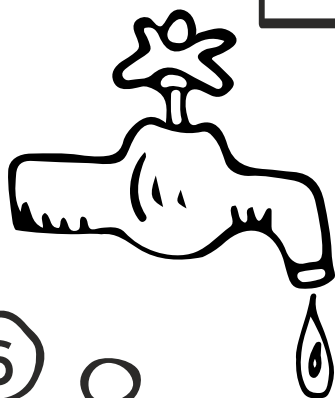
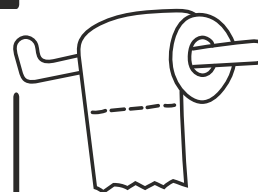
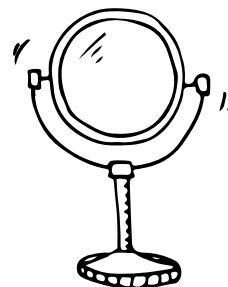
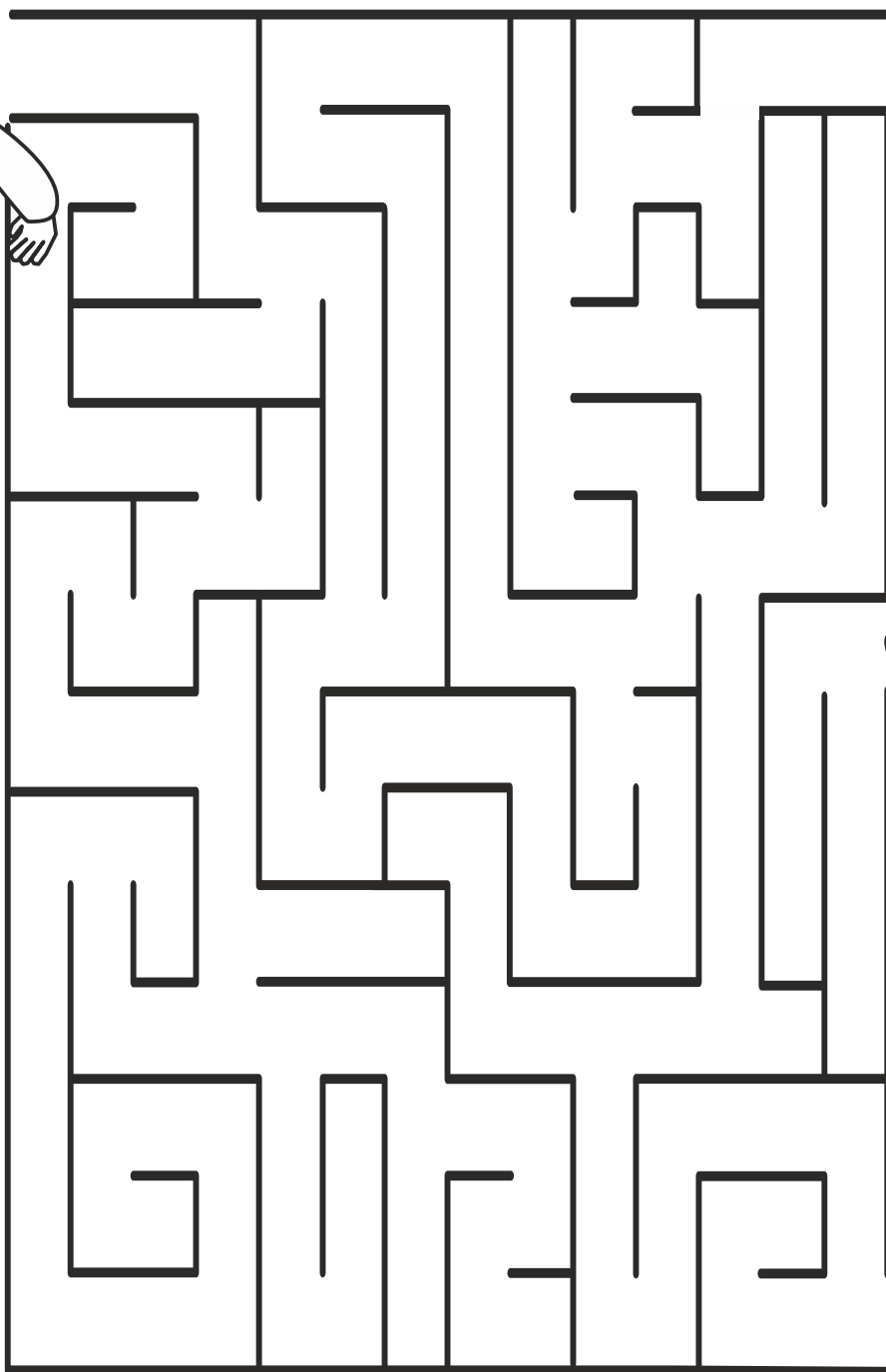
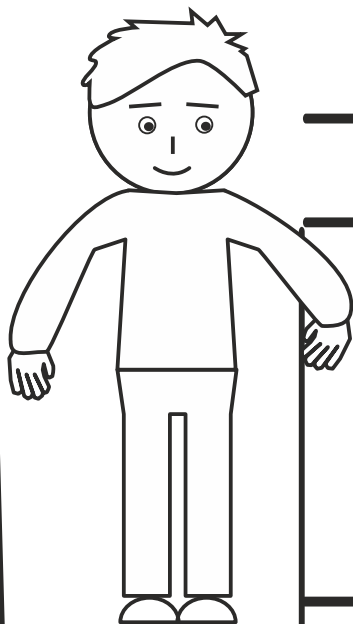


SASKAITI UN UZRAKSTI, CIK MIKROBU UZ ROKAS!

IZKRĀSO TOS!

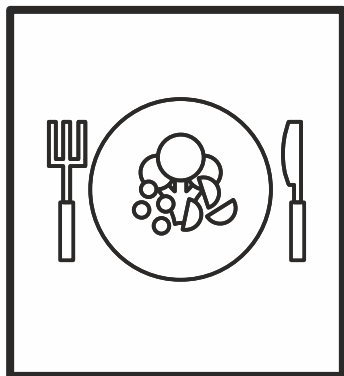


PALĪDZI JANCIM ATRAST CEĻU LĪDZ ZIEPĒM!

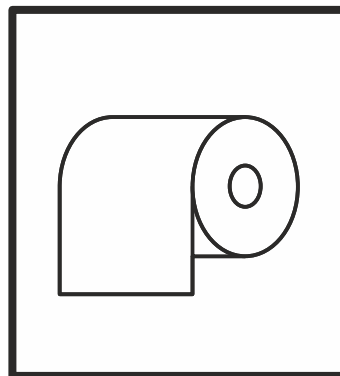




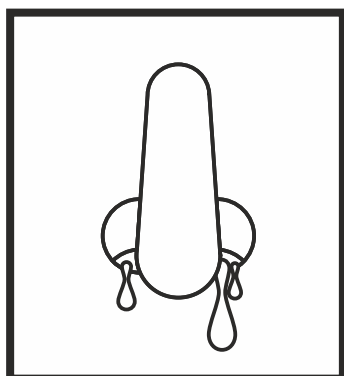
ATCERIES, ROKAS JĀMAZGĀ BIEŽI! IZKRĀSO ATTĒLUS UN ATCERIES, KAD NEPIECIEŠAMS MAZGĀT ROKAS!



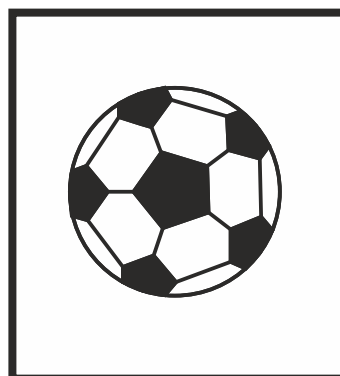
PIRMS
UN PĒC
ĒŠANAS



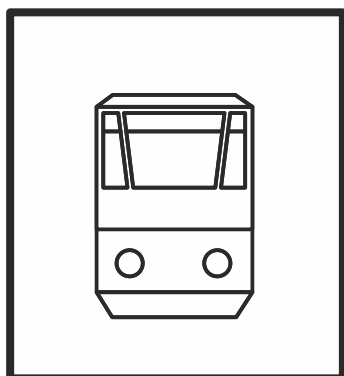
PĒC
TUALETES
APMEKLĒJUMA



PĒC
ŠĶAUDĪŠANAS
UN
KLEPOŠANAS



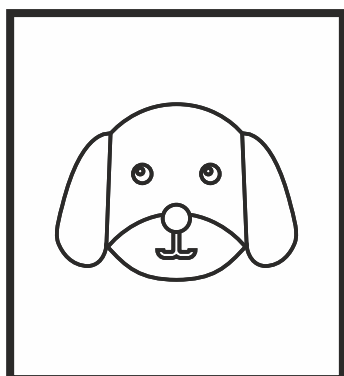
PĒC
SPĒLĒŠANĀS



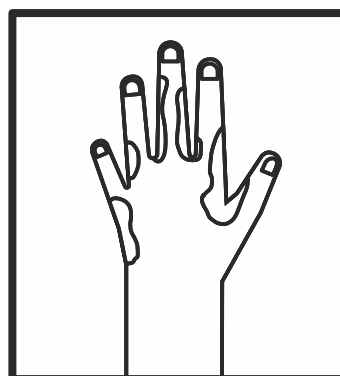
PĒC
BRAUKŠANAS
SABIEDRISKAJĀ
TRANSPORTĀ



PĒC
BĒRNU
DĀRZA

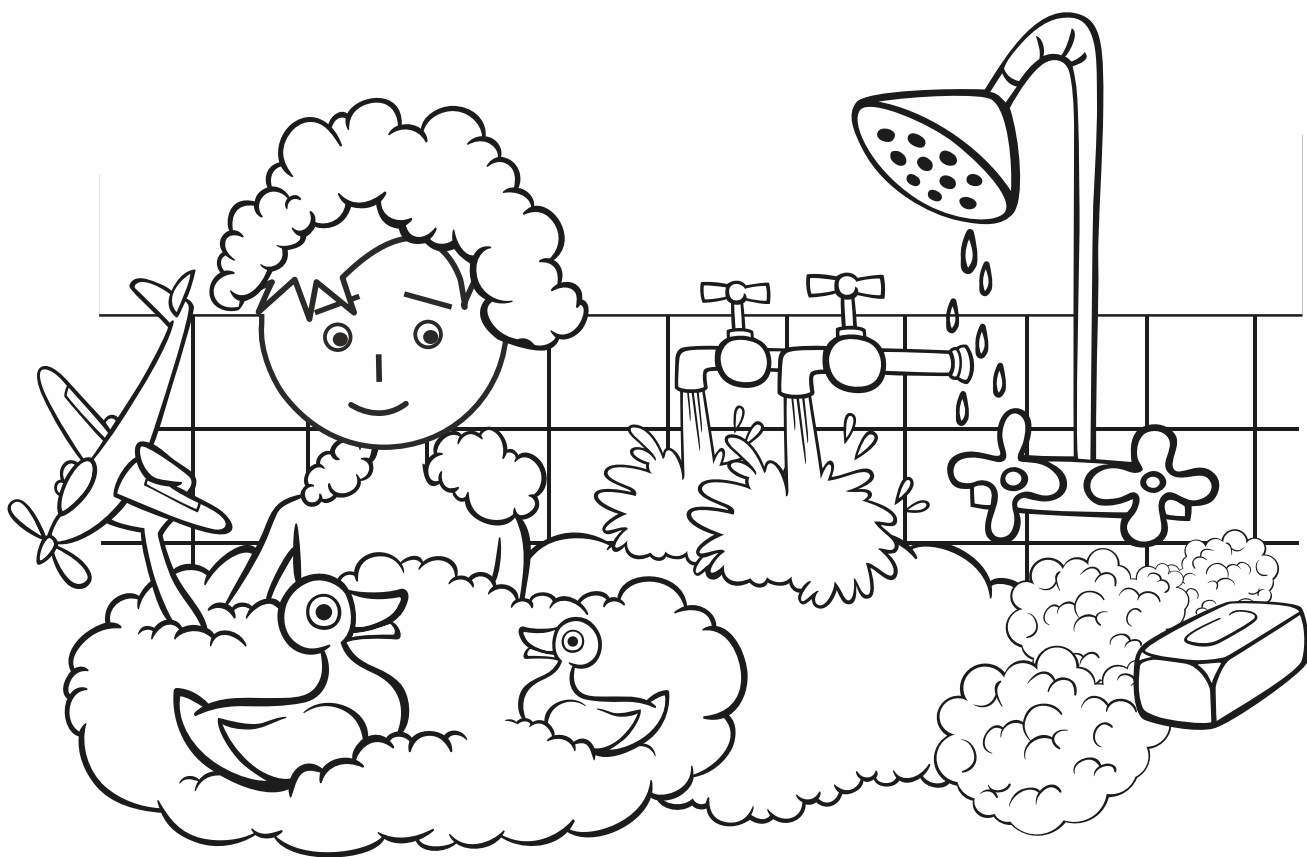
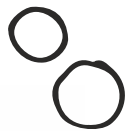


PĒC
DZĪVNIEKU
MĪĻOŠANAS



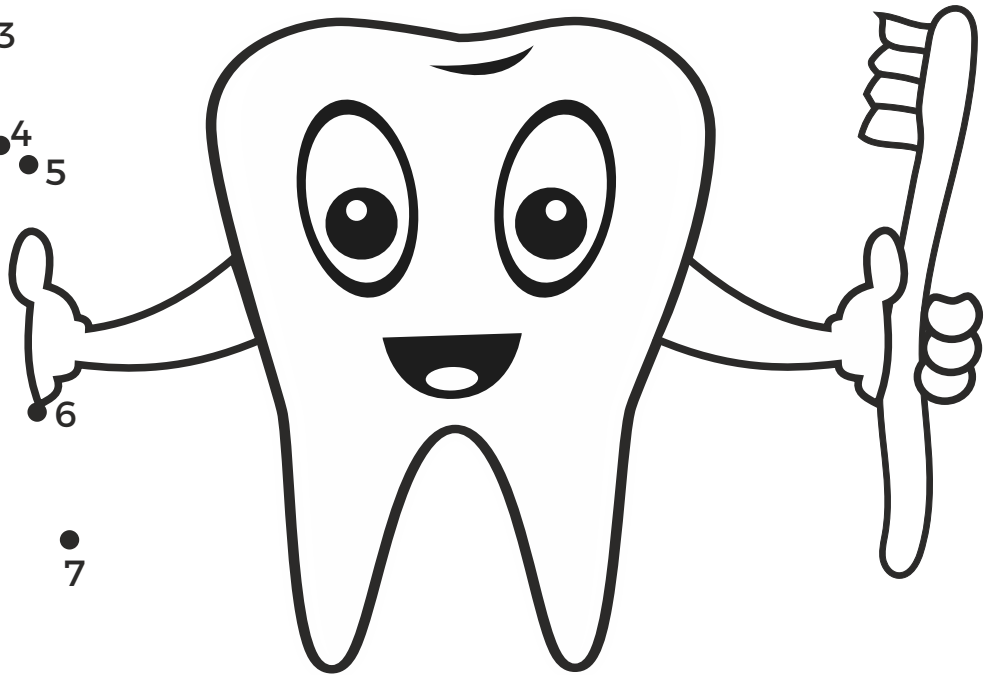
TAD, KAD
ROKAS
IR
NETĪRAS

ATRODI 8 ATŠKIRĪBAS UN IZKRĀSO!

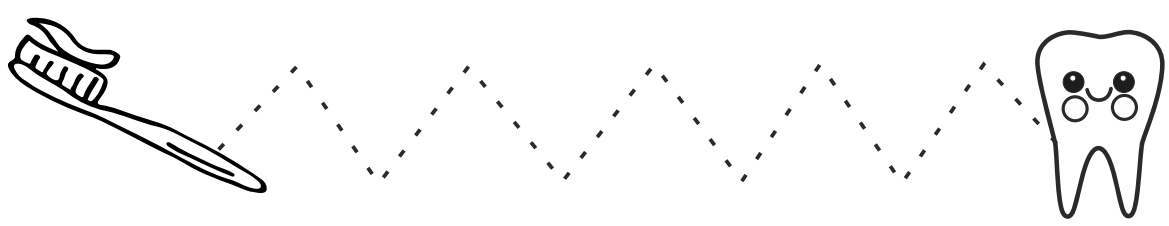
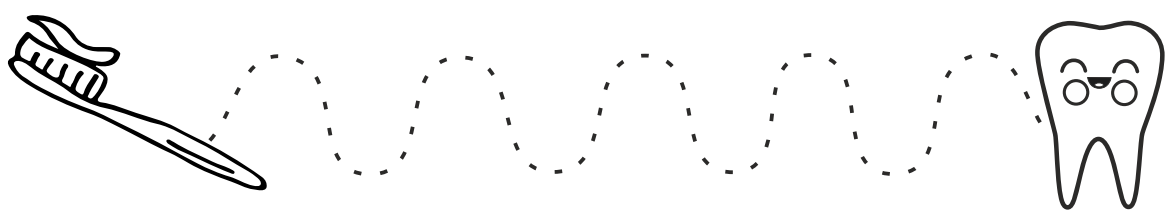




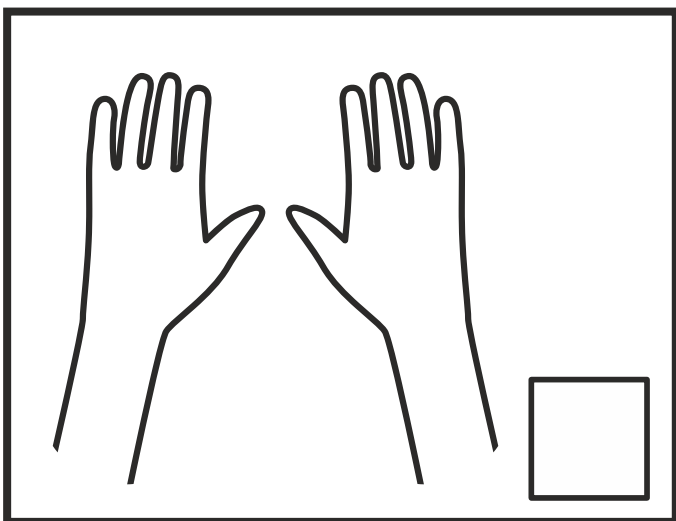
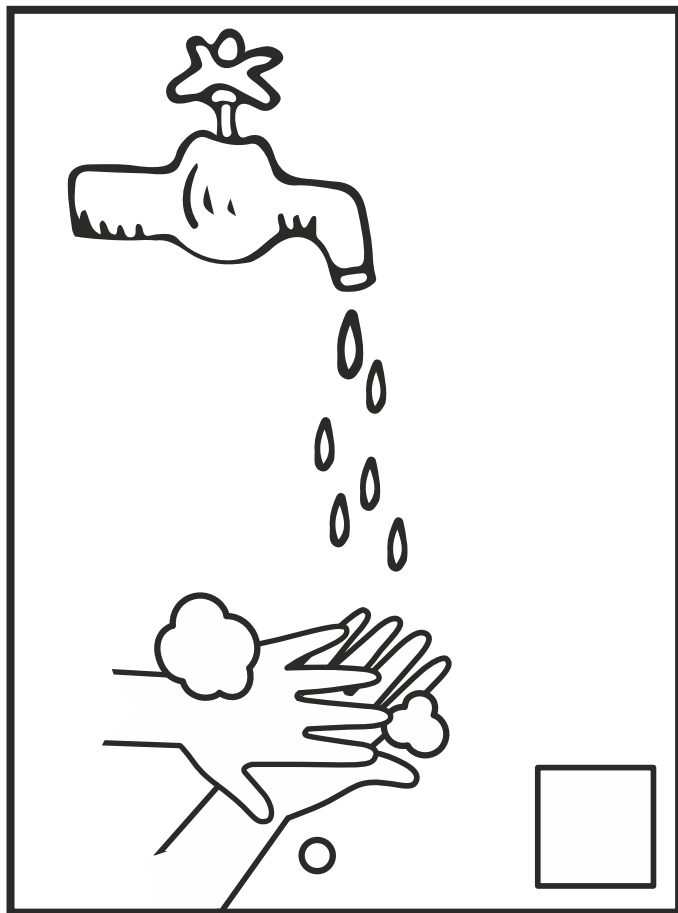
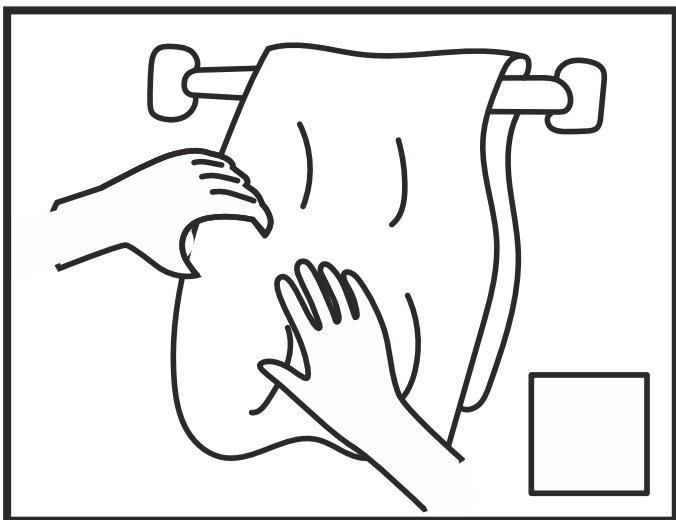
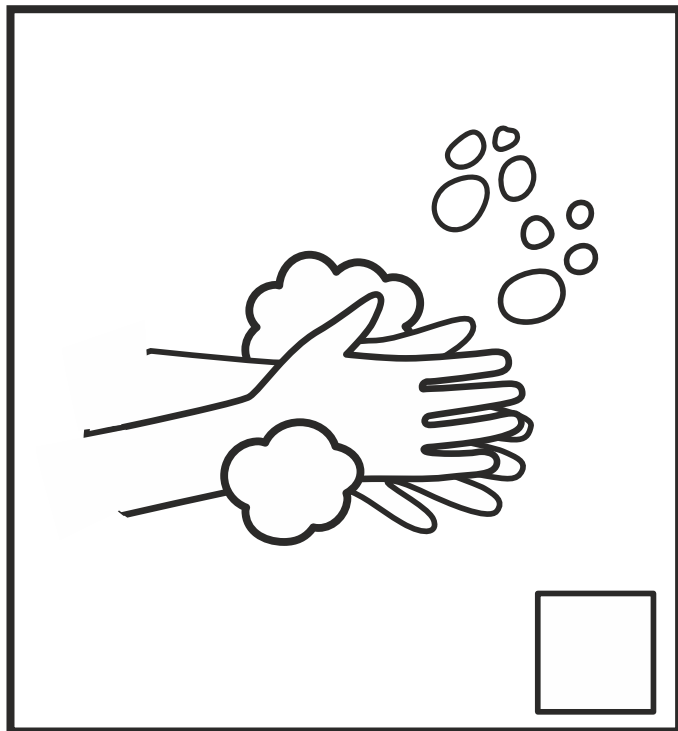
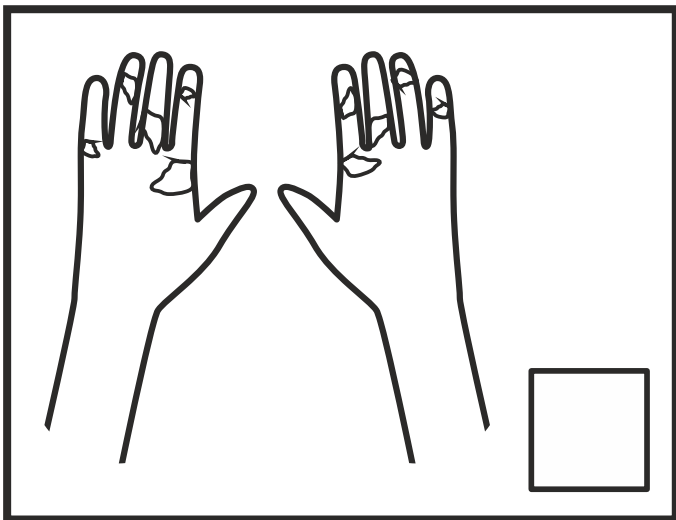
SAVIENO SECĪBĀ NO 1 LĪDZ 10!



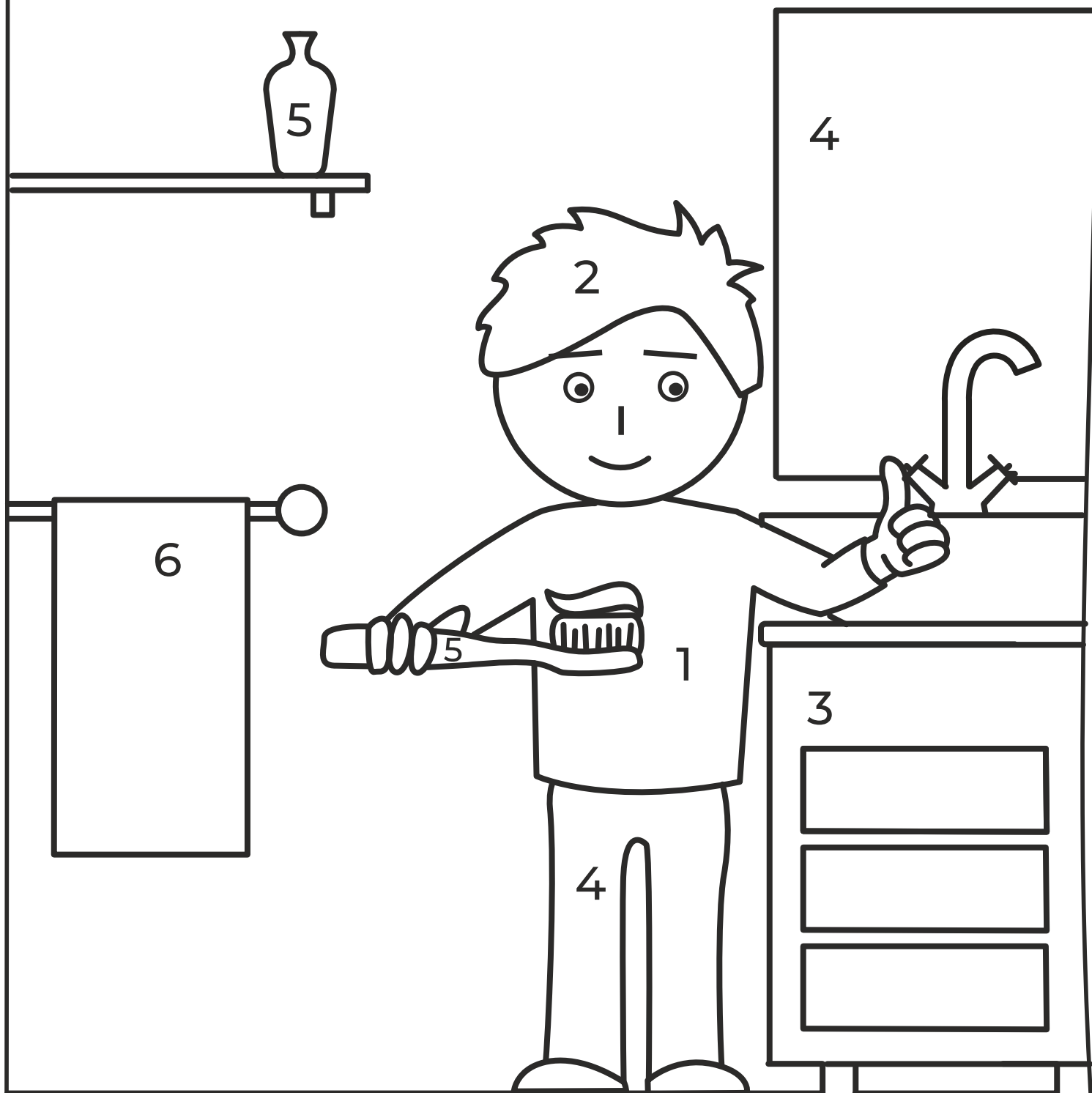
SAVIENO!



SANUMURĒ DARBĪBAS PAREIZĀ SECĪBĀ!



ATRODI CIPARU UN
IZKRĀSO ATBILSTOŠĀ KRĀSĀ!



1 - SARKANS

4 - ZILS

2 - BRŪNS





5 - VIOLETS

3 - ZAĻŠ

6 - DZELTENS

PALĪDZI JANCIM SAVĀKT NETĪRO VEĻU!
SASKAITI APĢĒRBA GABALUS
UN IZKRĀSO!

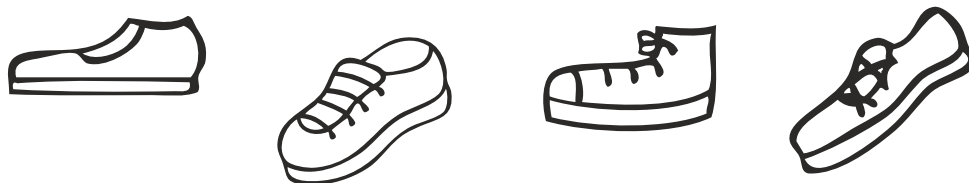
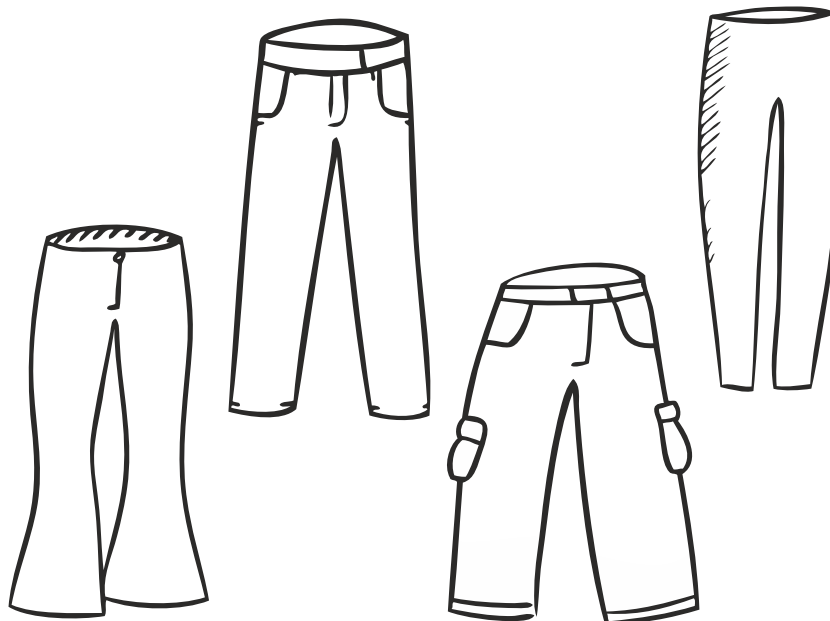
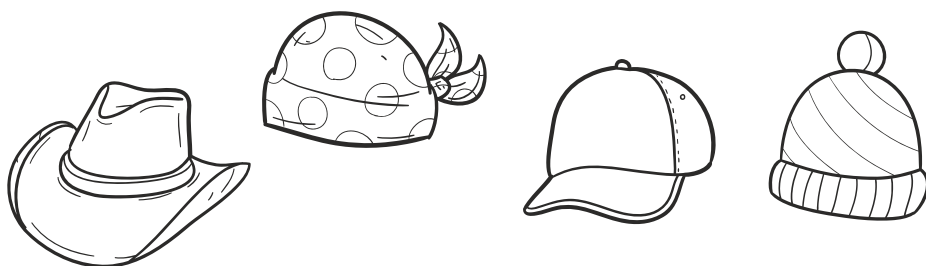
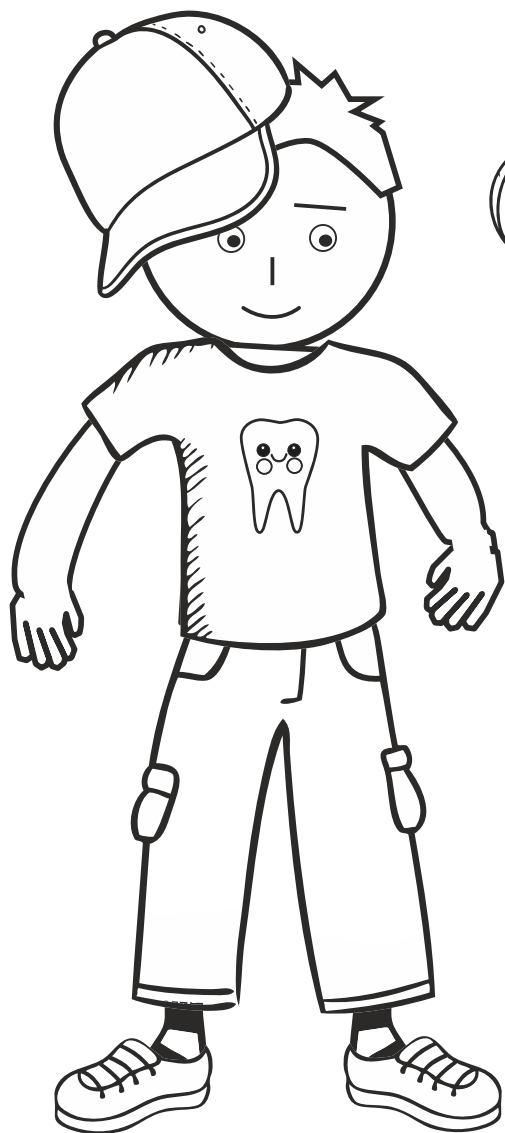
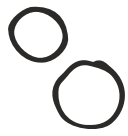


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PALĪDZI JANCIM ATRAST
VIENĀDOS ZEĶU PĀRUS!
SAVIENO UN IZKRĀSO TOS!



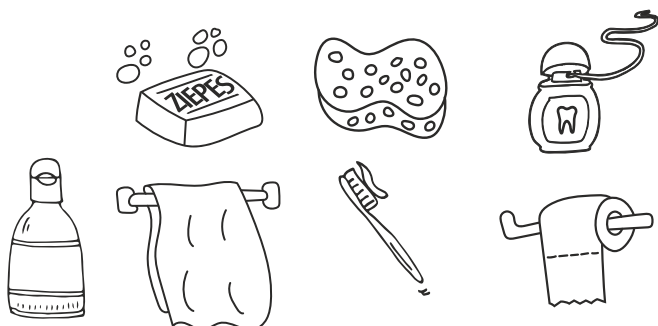
ATRODI JANČA LIETAS UN IZKRĀSO!



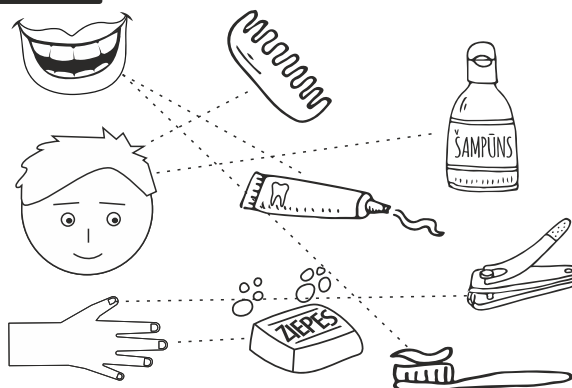


PĀRBAUDI, VAI ATRADI PAREIZI!

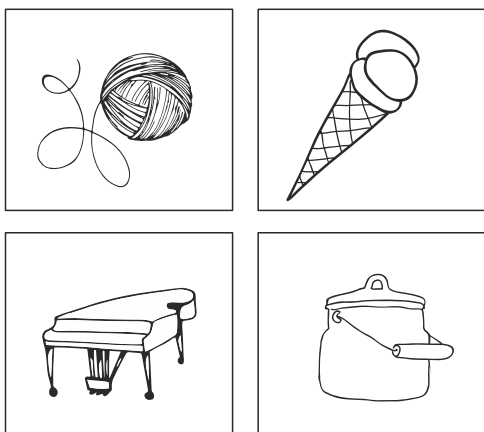
2. 1. PRIEKŠMETI, KAS
IEDERAS VANNASISTABĀ



2. 2.



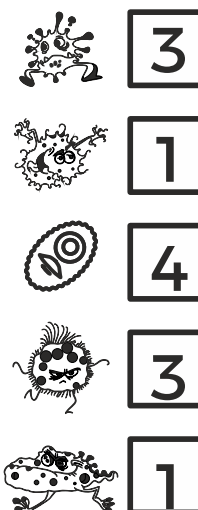
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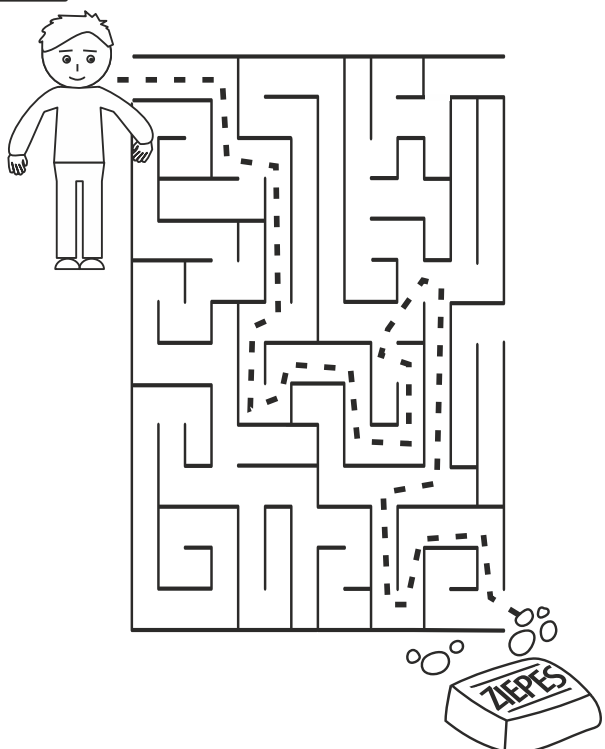
4.

1. MIKROBS
2. ZIEPES
3. DVIELIS
4. ŠAMPŪNS
5. ŪDENS
6. ZOBU PASTA

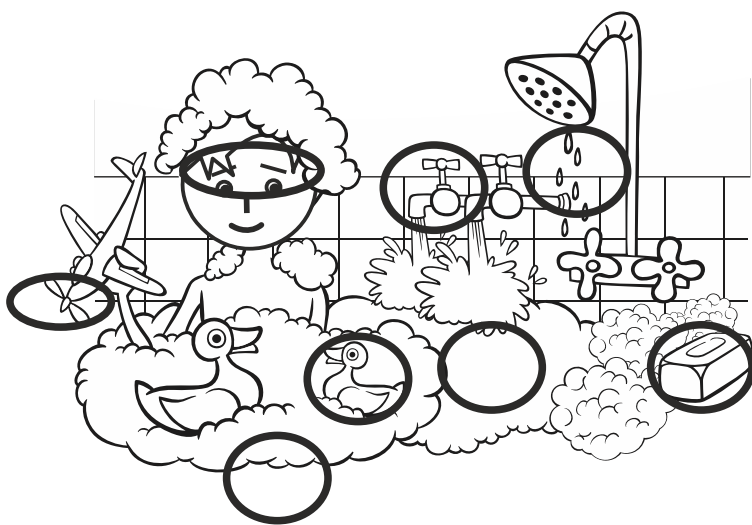
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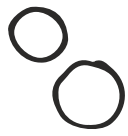
6.



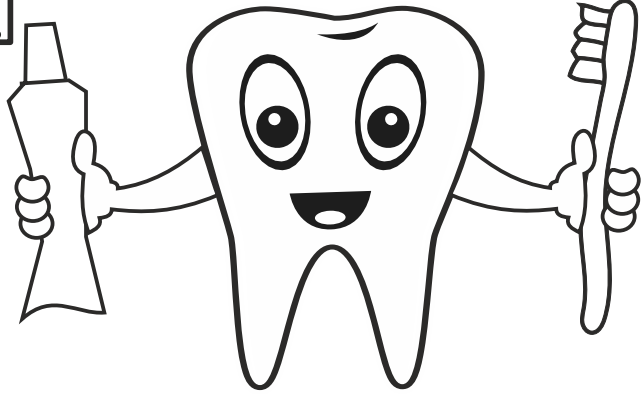
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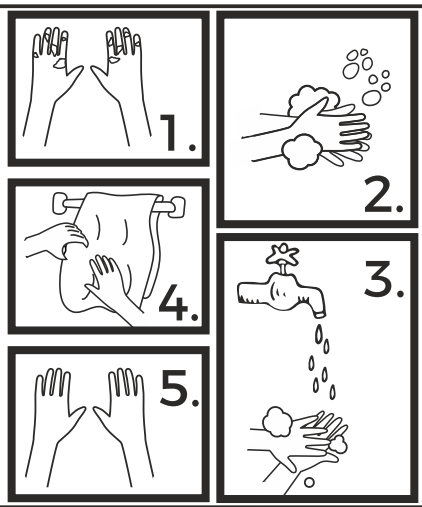
PĀRBAUDI, VAI ATRADI PAREIZI!



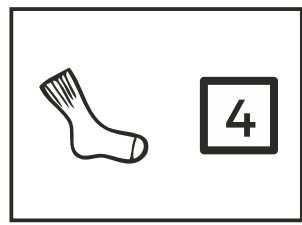
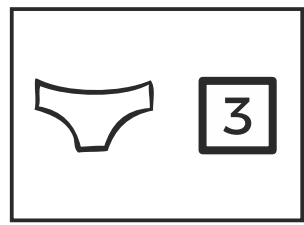
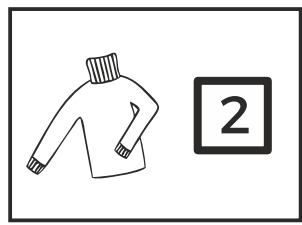
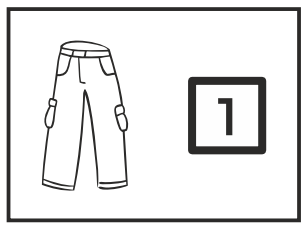
9.



10.



12.

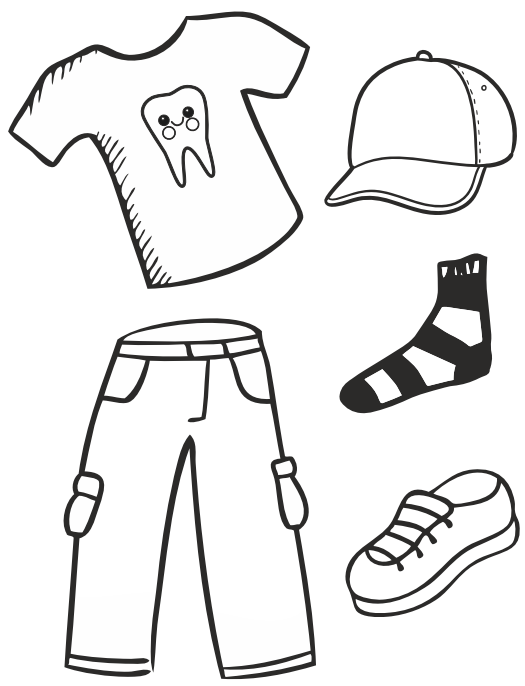


13.



14.

Janča lietas ir:





Materiālu sagatavoja
Slimību profilakses un
kontroles centra speciālisti

Seko mums sociālajos tīklos:

🏠 www.spkc.gov.lv

🐦 twitter.com/SPKCentrs

📘 facebook.com/SPKCentrs

👤 draugiem.lv/sveiksunvesels

📺 Slimību profilakses un kontroles centrs

Noskaties animācijas filmu “Par Janča puncīti un tīrām rokām” www.youtube.com.

Informācijas pārpublicēšanas un citēšanas gadījumā atsauce uz Slimību profilakses un kontroles centru obligāta.

Bezmaksas izdevums.

Rīga, 2018