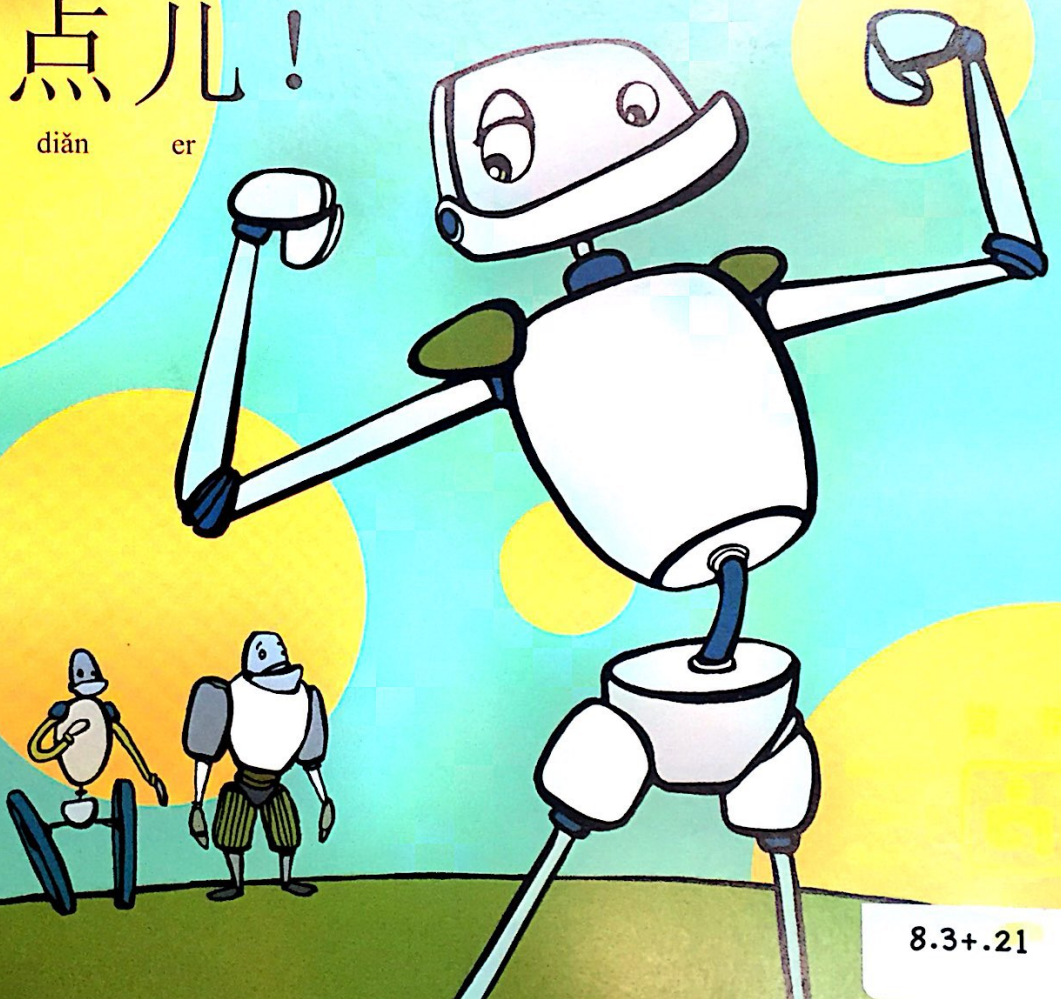


一 步 一 步

快 一 点 儿 !

yì diǎn er

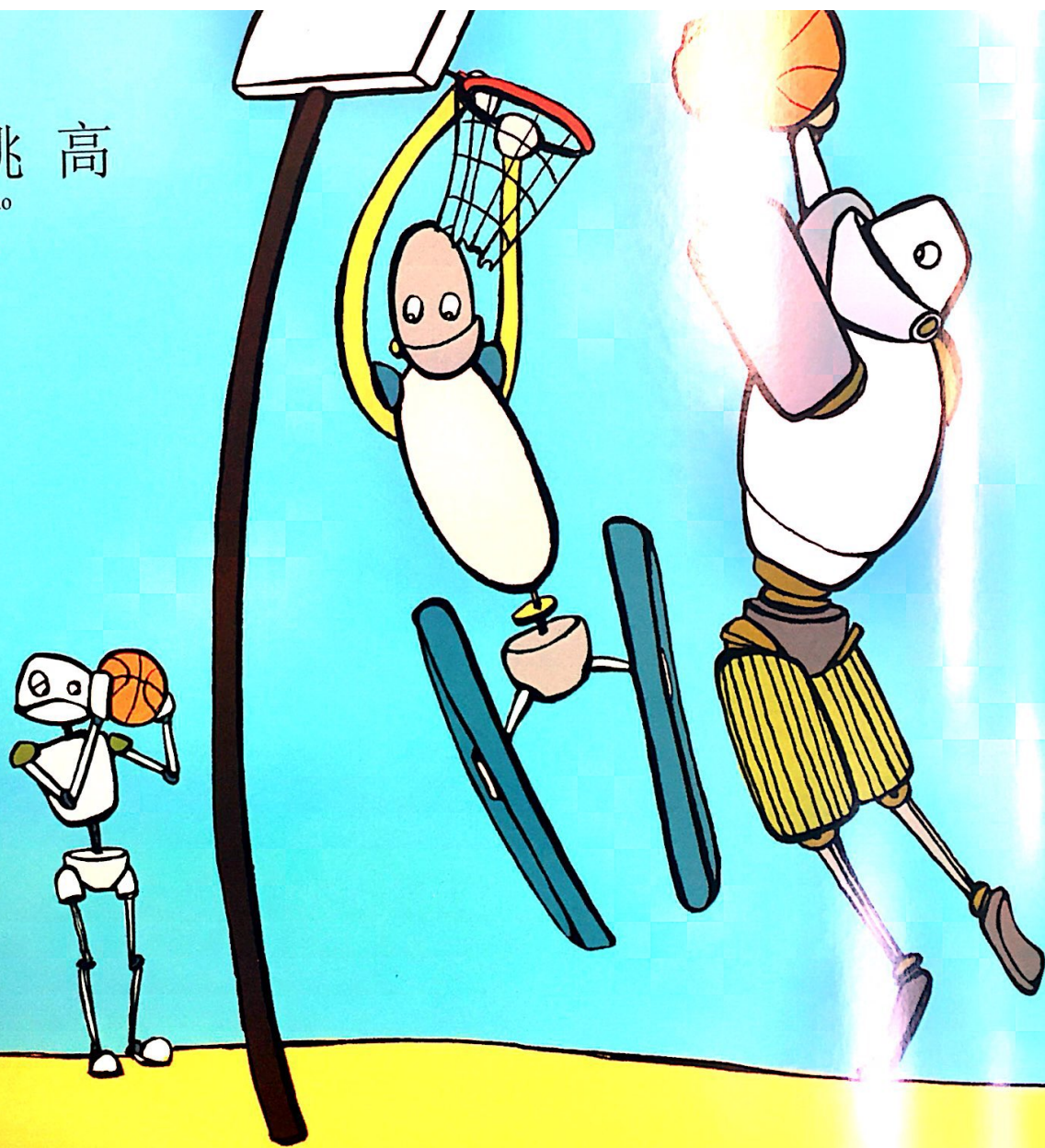


8.3+.21

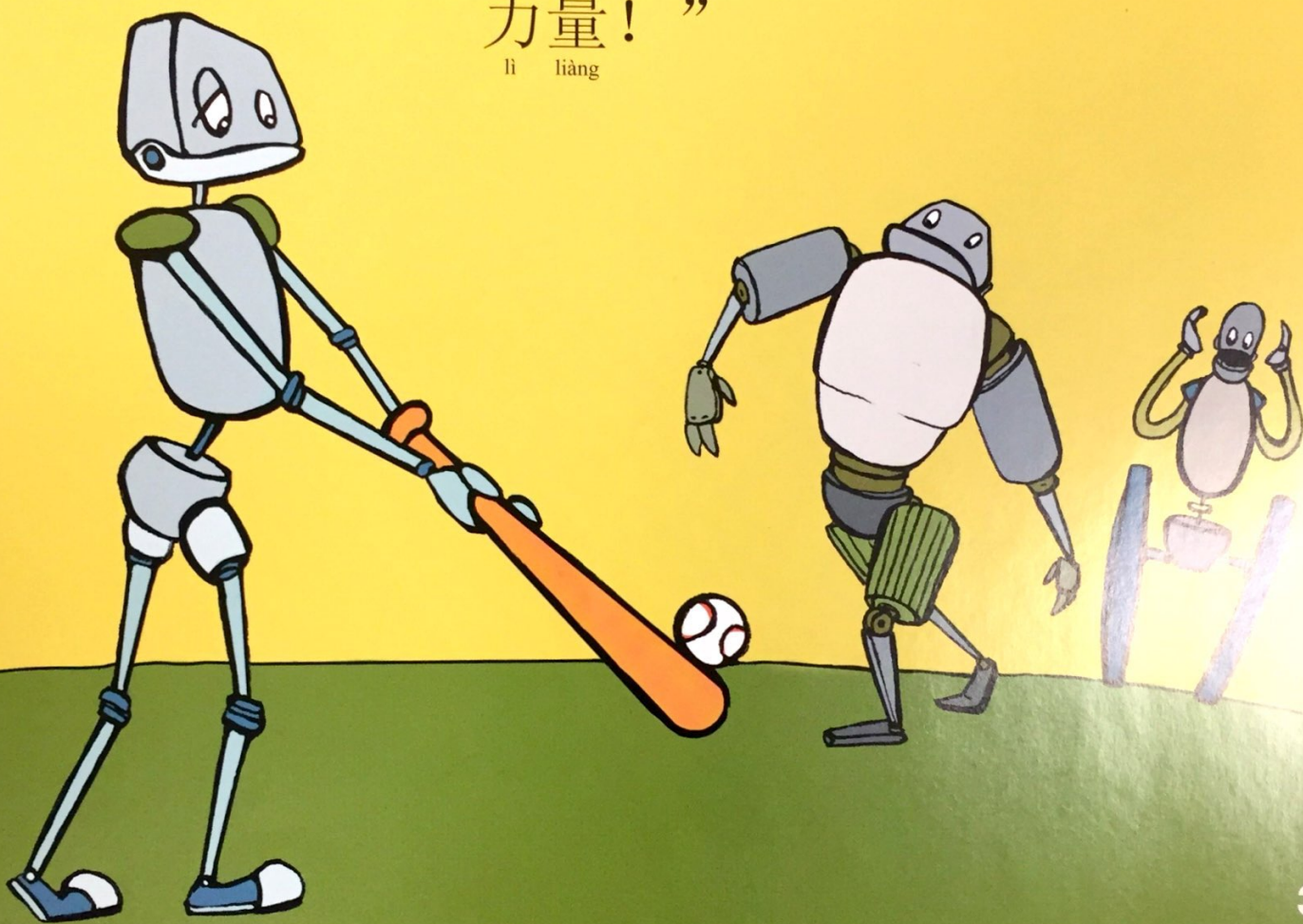
“弟弟，跑快一点儿！”



“弟弟，跳高  
tiao  
一点儿！”



“弟弟，打球的时候多用一点儿  
力量！”  
lì liàng

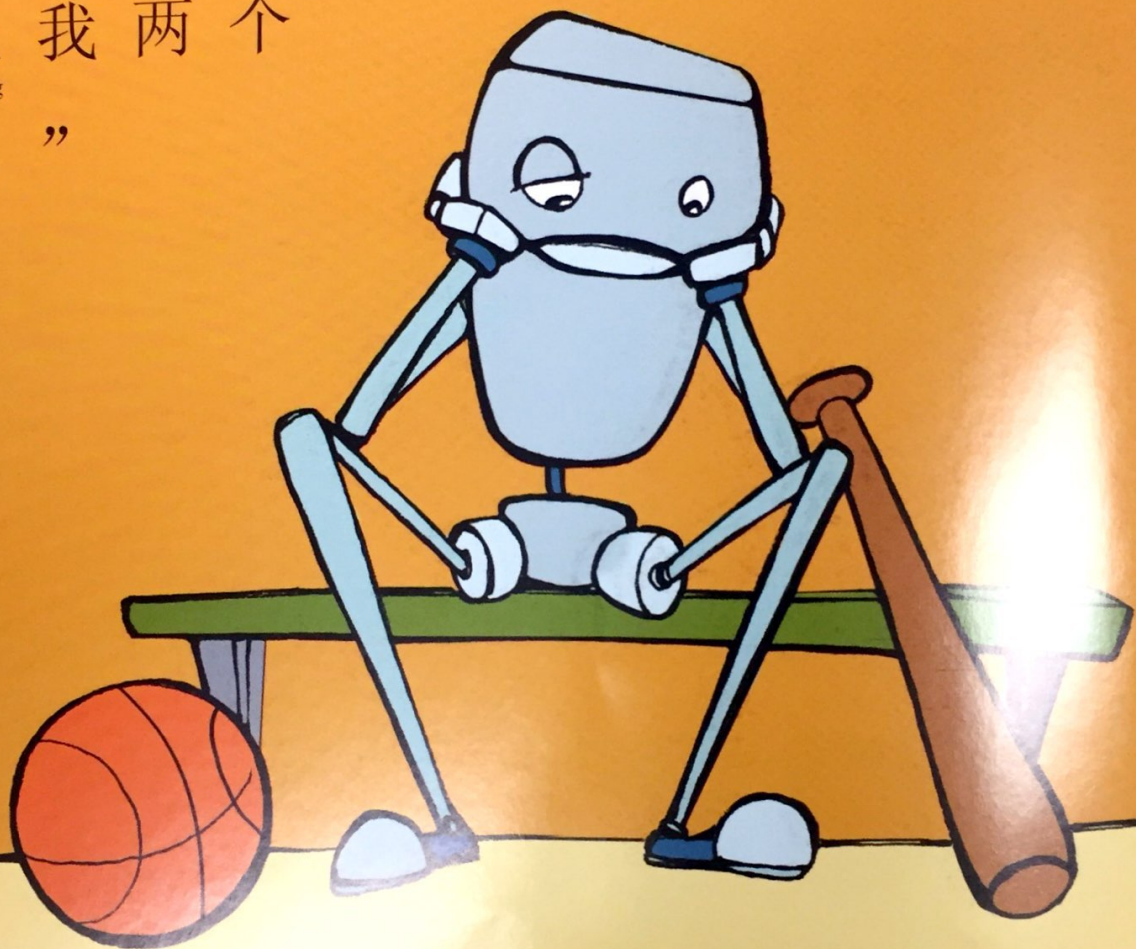


“妈妈，我没有办法

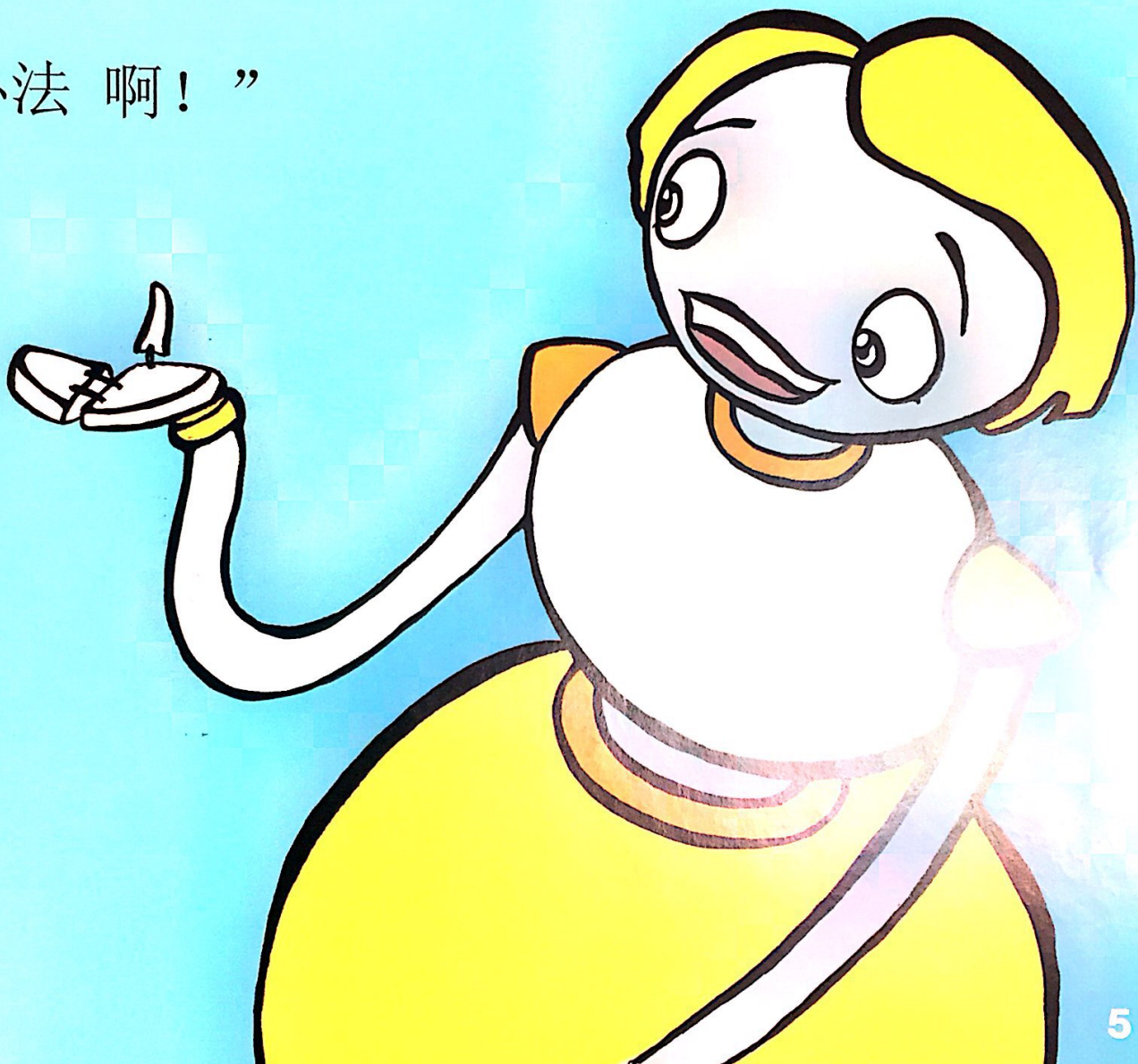
赶上我两个

gǎn shàng

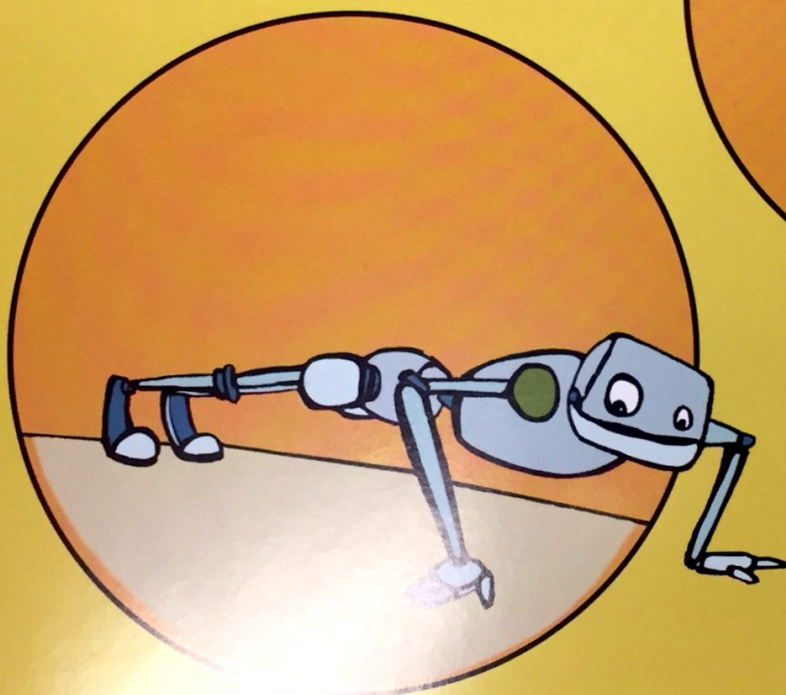
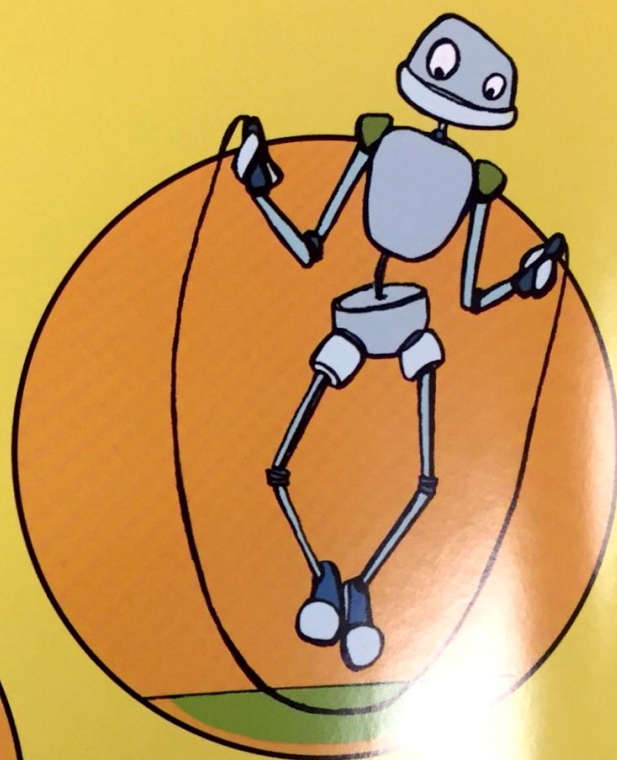
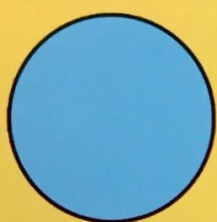
哥哥。”



“有办法啊！”



“你要每天运动。”  
yùn dòng

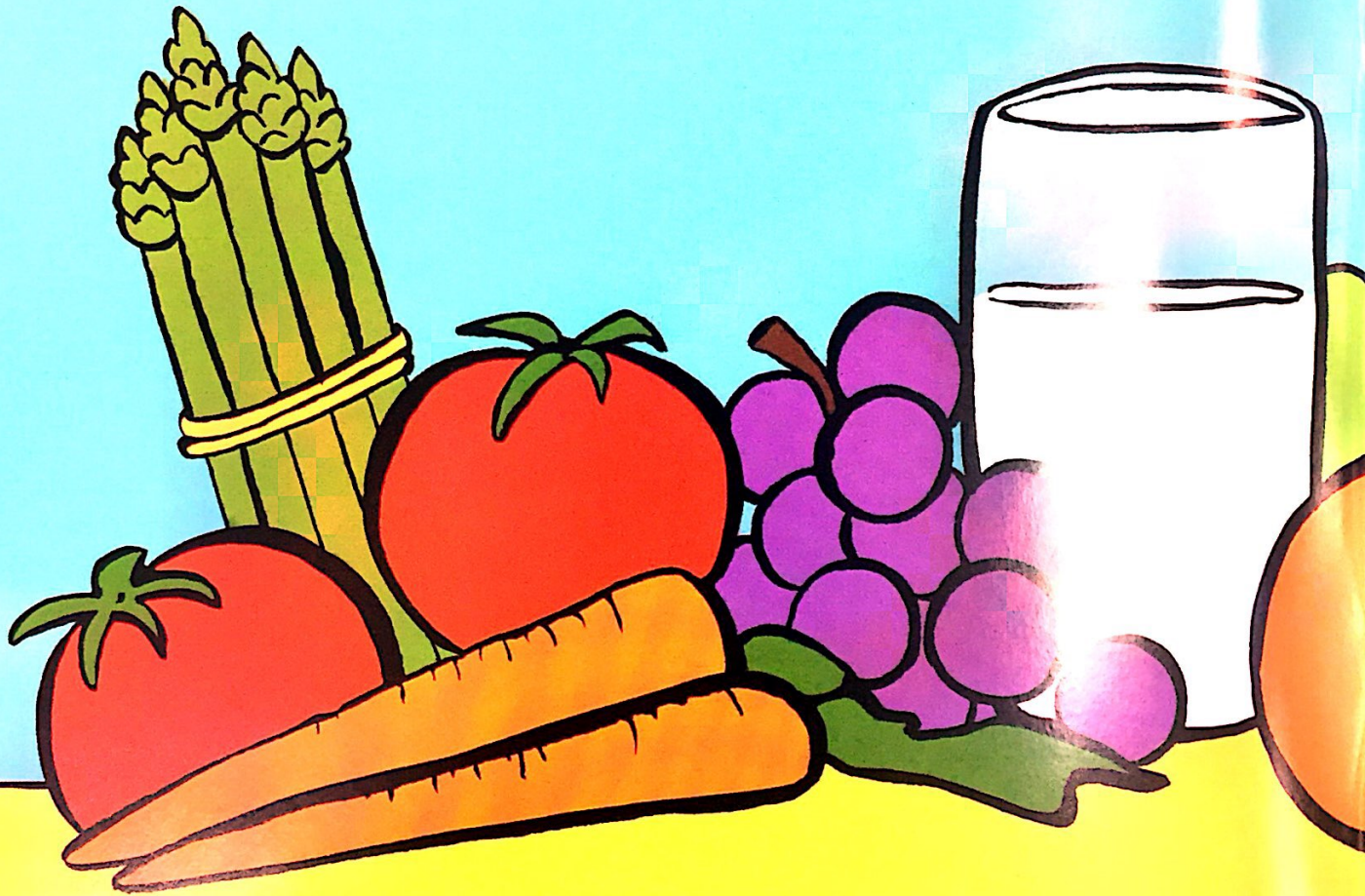


每天吃让身体健康的食物 —

ràng

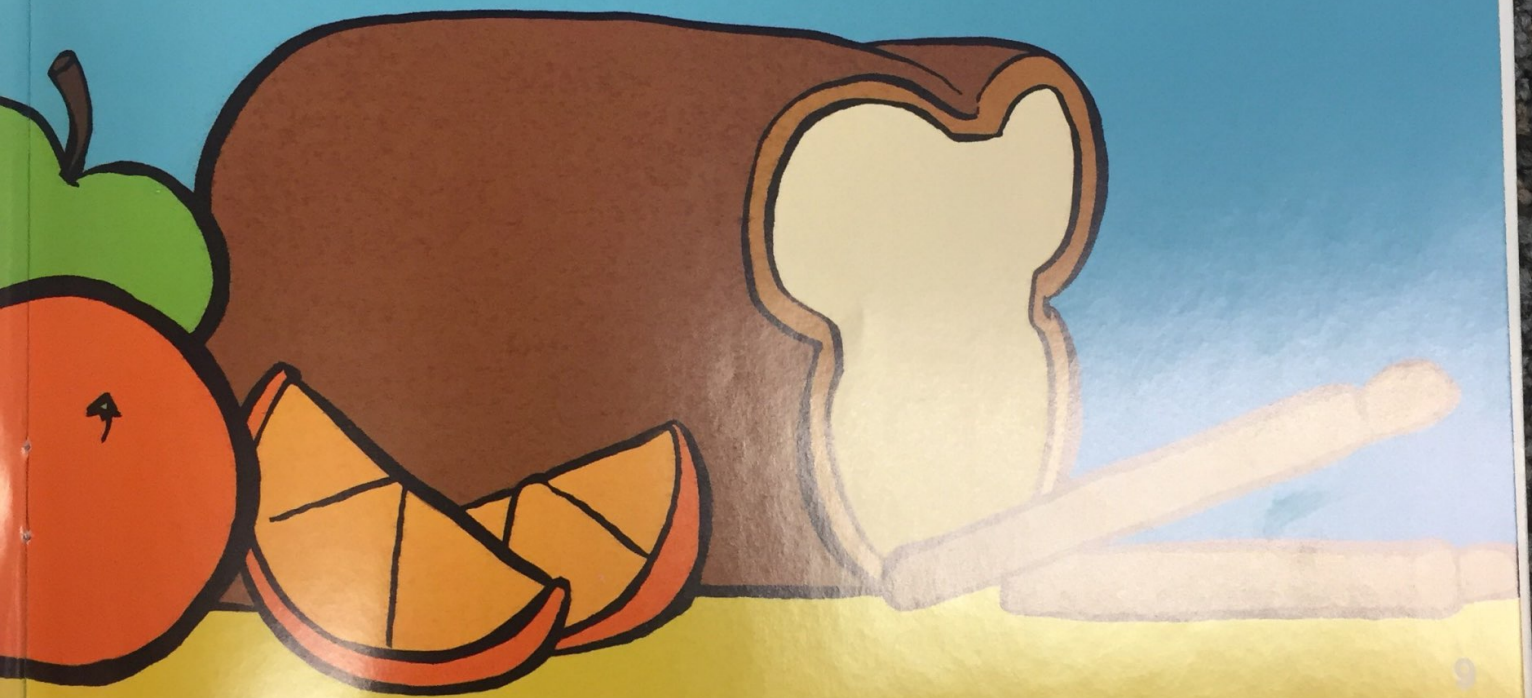
jian kāng

shí wù

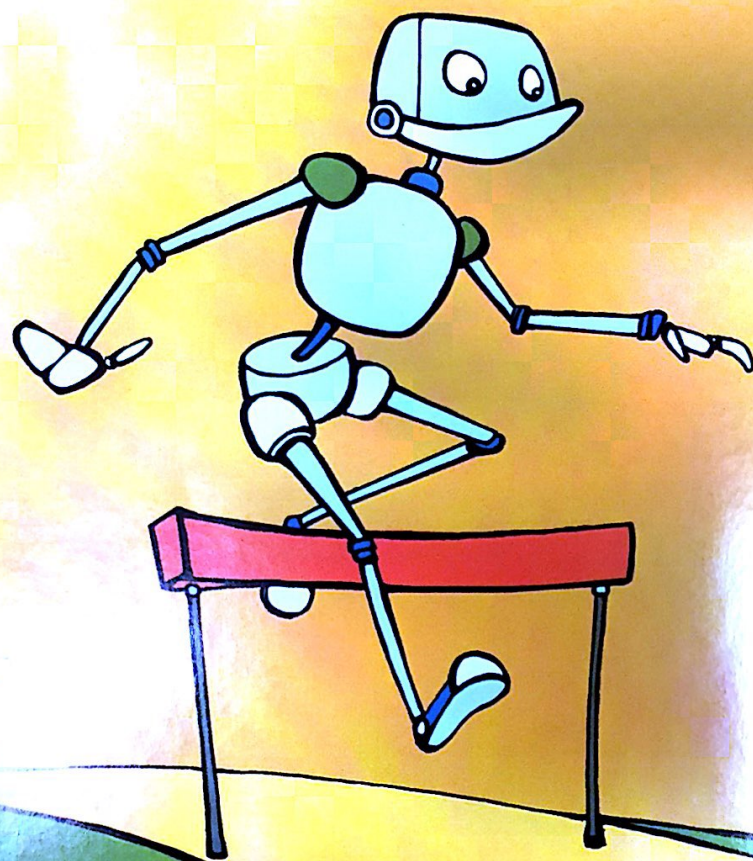




多吃青菜、水果和谷类。  
gǔ lèi



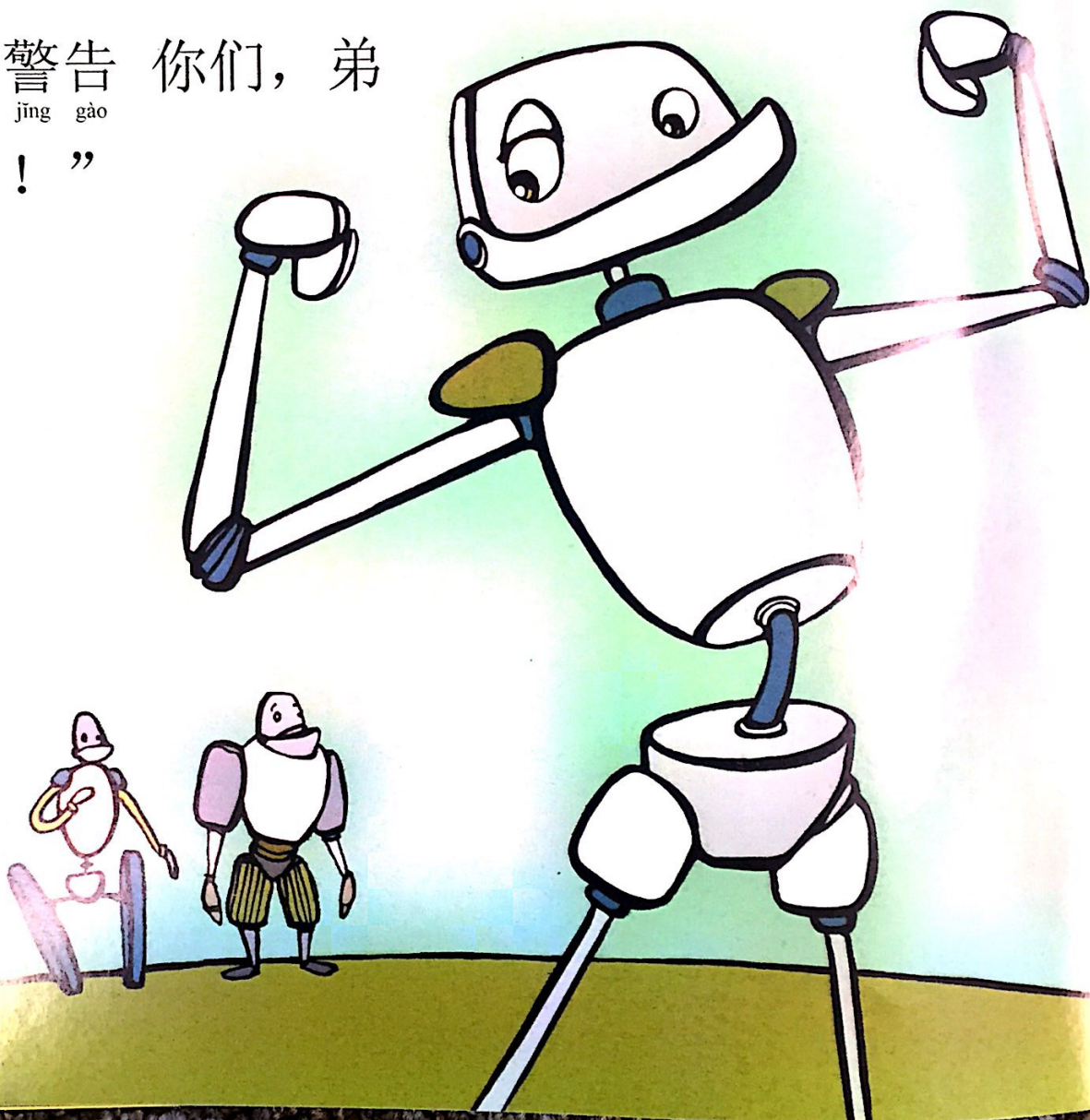
那 长 大 时 你 就 会 跟 你 哥 哥 一 样，  
跑 也 跑 得 快，跳 也 跳 得 高。





打球也跟哥哥打得  
一样有力量。”

“哥哥，警告你们，弟弟来了！”



# WORDS

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一点儿  
yì diǎn er

.....

a little bit

让  
ràng

.....

to allow; to cause

跳  
tiào

.....

to jump

健康  
jiàn kāng

.....

health/healthy

力量  
lì liàng

.....

power; strength

食物  
shí wù

.....

food

赶上  
gǎn shàng

.....

catch up

谷类  
gǔ lèi

.....

grain; cereals

运动  
yùn dòng

.....

exercise; sports

警告  
jǐng gào

.....

to warn

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