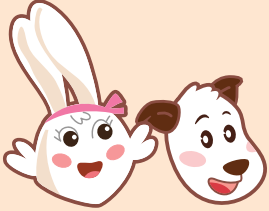


Healthy Snacks (II)



Please scan the QR code on the right to watch the animation video. Then write down the correct answer on the line according to the content of the animation video.



- 1 It is recommended to choose and take healthy snacks which are natural, fresh, low _____, low _____, low _____ or high in _____ during recesses.
- 2 Read the _____ first when buying prepackaged snacks to choose healthier snack.
- 3 Adhere to the principle of not spoiling the appetite of the main meal when eating snacks. Only eat snacks _____ between main meals when necessary.
- 4 The amount of snacks should not exceed _____ kcal each time while the amount of drinks should not exceed _____ ml each time.
- 5 Drink at least _____ to _____ glasses of fluids every day. _____ is the best choice. Other healthy drinks include clear soup, lemon water without added sugar or _____.
- 6 Replenish extra amount of water if your level of activity increases or you're active in a _____ and _____ environment and sweat a lot.



「健康飲食在校園」
動畫短片
"EatSmart@school.hk"
Animation Video

