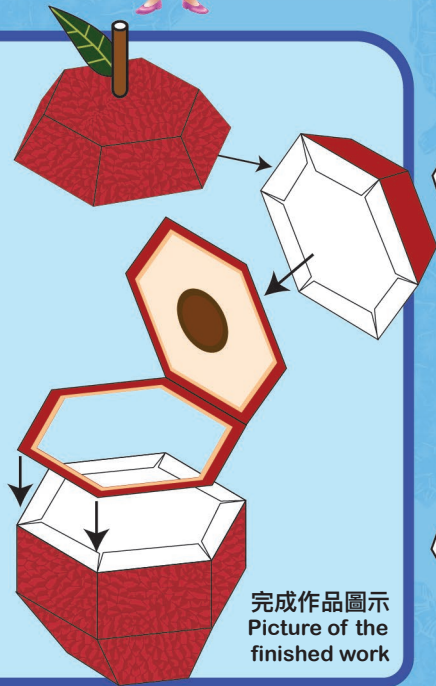




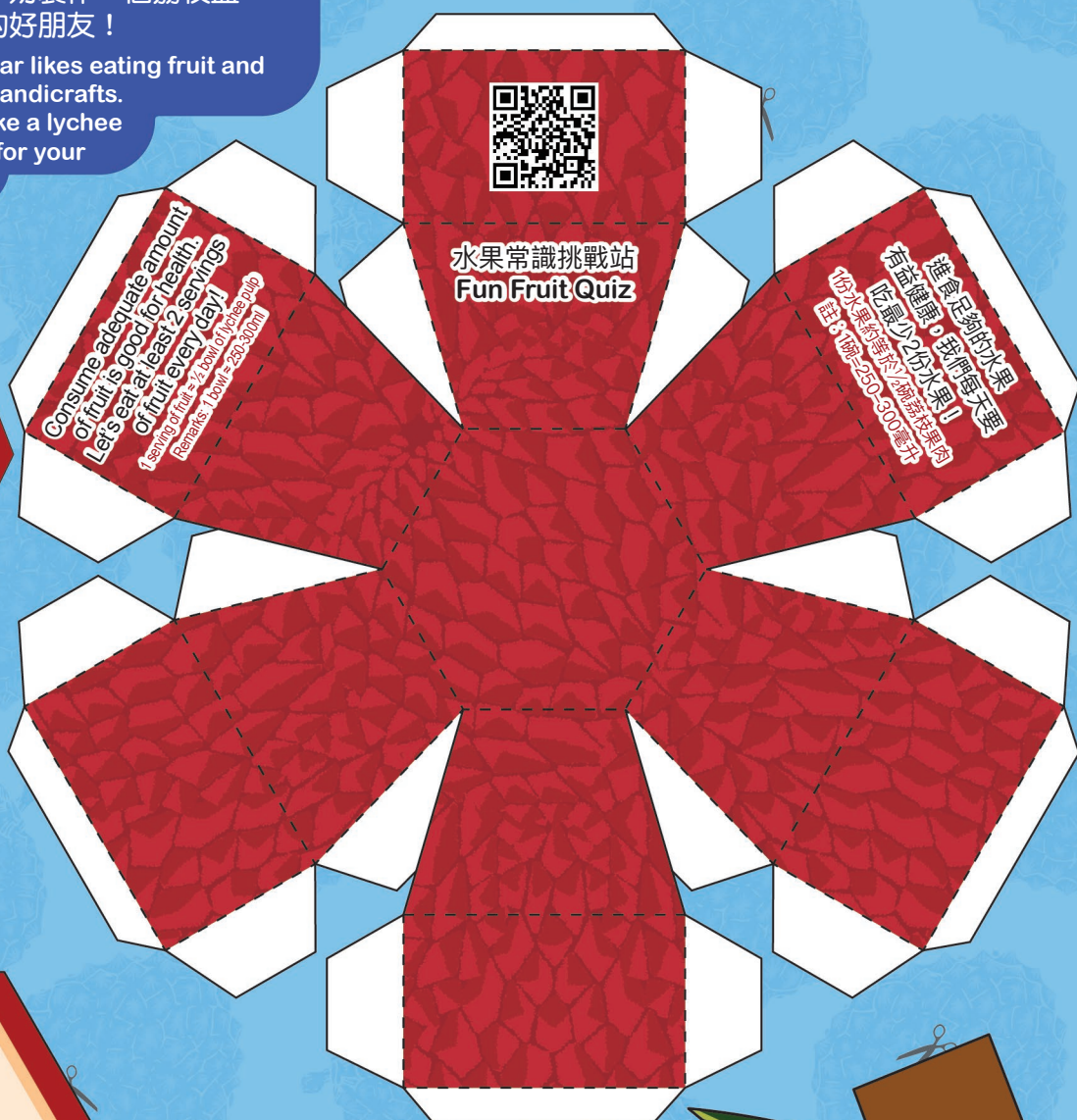
# 齊來製作有趣的水果盒吧！ Let's make a funny fruit box !

啤梨媽媽喜歡吃水果及做手工。  
大家也不妨製作一個荔枝盒，  
送給你的好朋友！

Mama Pear likes eating fruit and  
making handicrafts.  
Let's make a lychee  
fruit box for your  
friend!



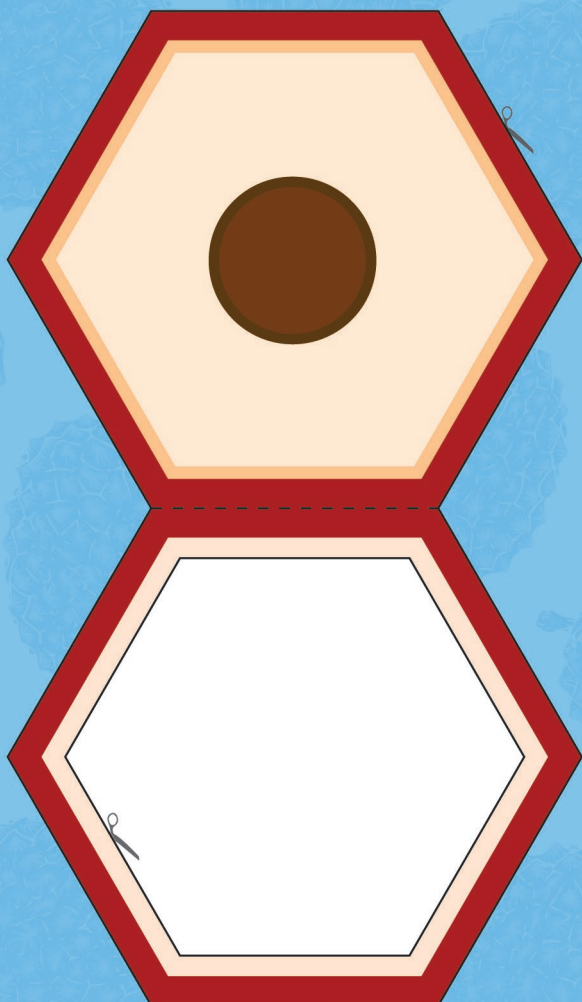
完成作品圖示  
Picture of the  
finished work



Consume adequate amount  
of fruit is good for health.  
Let's eat at least 2 servings  
of fruit every day!  
Remarks: 1 bowl = 250-300ml  
1 serving of fruit = 1/2 bowl of lychee pulp

水果常識挑戰站  
Fun Fruit Quiz

進食足夠的水果  
有益健康。我們每天要  
吃最少2份水果！  
份水果約等於1碗荔枝果肉  
註：6碗=250-300毫升



衛生署  
Department of Health

