

「認識水果分量」貼紙

"Learning about Fruit Serving Sizes" Stickers

請選出你喜愛的水果組合，並在所提供的
四個食物盤上各貼上兩份水果的貼紙。
Please choose your favorite fruit combinations
and put stickers of two servings of fruit inside
each of the four food trays provided.

謹記每天吃兩份水果，
為健康打好基礎！

Remember to eat two servings of fruit a day
to build a strong foundation for your health!

