



蔬果日記

Fruit and Vegetable Diary



每天進食蔬果後，可把「蔬果貼紙」貼於蔬果日記卡適當的空格上。
如孩子在過去一星期每天皆有進食蔬果，則可額外獲得「獎勵貼紙」。

Put a "Fruit and Vegetable Sticker" in the appropriate space of the "Fruit and Vegetable Diary Card" after consuming fruit and vegetables every day. An extra "Reward Sticker" would be given if the child consume fruit and vegetables every day in a week.

