

「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.

**緊記每天吃兩份水果，
為健康打好基礎！**

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

