

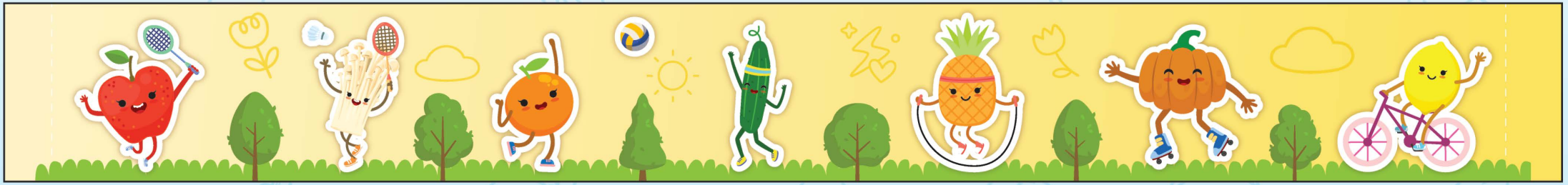
選擇你喜愛的蔬果，沿黑線剪下，再按你的頭圍，用膠水或膠紙將兩條頭帶貼成圓環，並將蔬果貼在頭帶上。

Pick your favourite fruit and vegetables and cut them along the lines. Use glue or adhesive tape to stick the headband together according to your head size. Then stick the fruit and vegetables onto the headband.



完成作品圖示
Picture of the finished work







多吃不同種類的蔬果，飲食更均衡！
Eat different kinds of fruit and vegetables for a balanced diet !

「開心蔬果月」專題網站
"Joyful Fruit & Veg Month" Thematic Website