

帶領孩子減糖均衡飲食的第一步

# 輕甜童年



III. 天天吃，偶爾吃  
(點心好，好吃)

點心好食



說<sub>ㄕㄨㄛˋ</sub> 話<sub>ㄏㄨㄚˋ</sub> 前<sub>ㄑㄧㄢˊ</sub>

先<sub>ㄒㄧㄢ</sub> 舉<sub>ㄐㄩˇ</sub> 手<sub>ㄕㄨㄚˇ</sub>

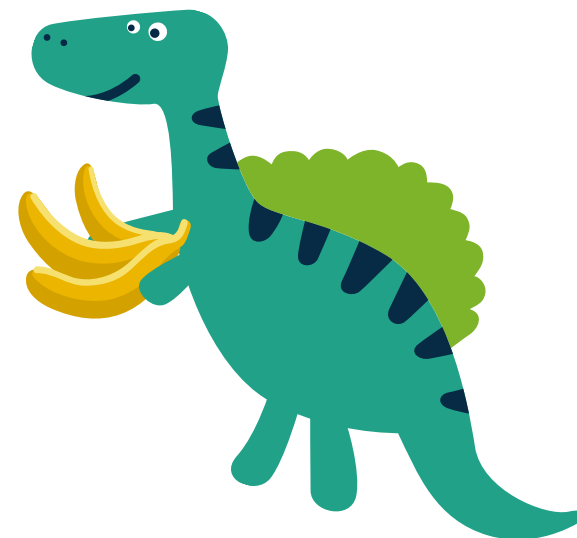


哪<sub>ㄉㄚ</sub>些<sub>ㄒㄩㄝ</sub>食<sub>ㄕ</sub>物<sub>ㄨㄛˋ</sub>可<sub>ㄎ</sub>以<sub>ㄧ</sub>一<sub>ㄩ</sub>天<sub>ㄊㄩㄢ</sub>一<sub>ㄩ</sub>天<sub>ㄊㄩㄢ</sub>吃<sub>ㄇ</sub>？

哪<sub>ㄉㄚ</sub>些<sub>ㄒㄩㄝ</sub>食<sub>ㄕ</sub>物<sub>ㄨㄛˋ</sub>只<sub>ㄓ</sub>能<sub>ㄋ</sub>偶<sub>ㄉ</sub>爾<sub>ㄦ</sub>吃<sub>ㄇ</sub>？



天<sub>右</sub>天<sub>右</sub>吃<sub>イ</sub>就<sub>又</sub>是<sub>尸</sub>每<sub>只</sub>天<sub>右</sub>都<sub>又</sub>要<sub>么</sub>吃<sub>イ</sub>



偶爾吃，是多久吃一次呢？



天天吃



偶爾吃



如<sub>ㄉ</sub>果<sub>ㄍ</sub>天<sub>ㄊ</sub>天<sub>ㄊ</sub>吃<sub>ㄟ</sub>只<sub>ㄓ</sub>能<sub>ㄓ</sub>「偶<sub>ㄨ</sub>爾<sub>ㄌ</sub>吃<sub>ㄟ</sub>」  
的<sub>ㄉ</sub>食<sub>ㄆ</sub>物<sub>ㄨ</sub>，會<sub>ㄍ</sub>發<sub>ㄘ</sub>生<sub>ㄆ</sub>什<sub>ㄆ</sub>麼<sub>ㄉ</sub>事<sub>ㄆ</sub>？



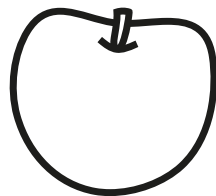
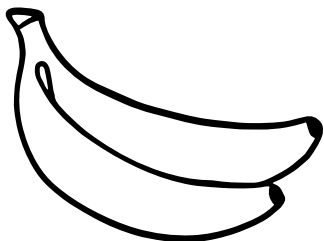
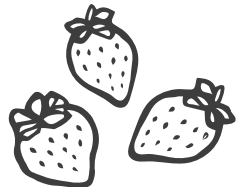
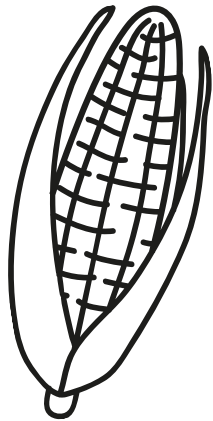
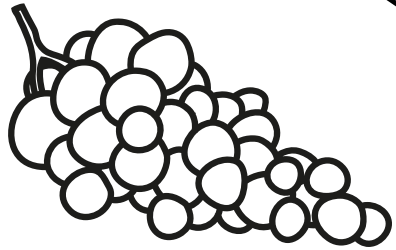
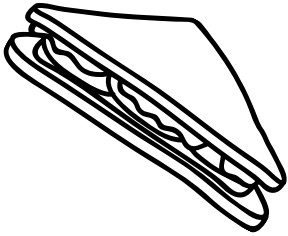
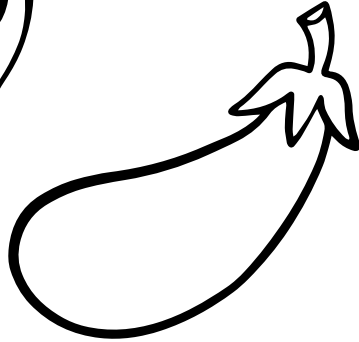
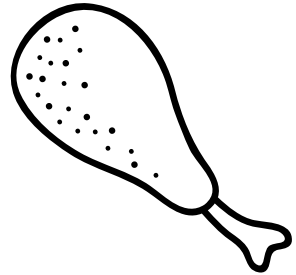
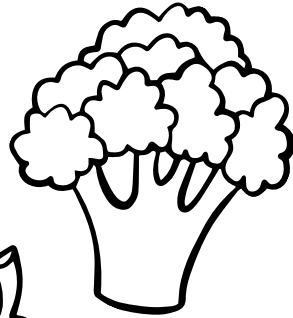
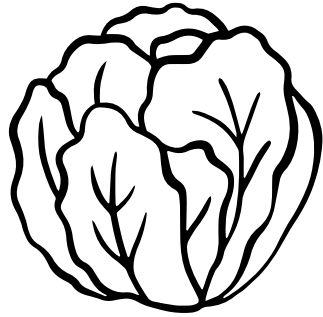
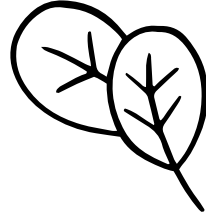
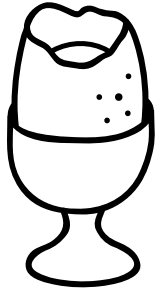


# 點心想吃什么？

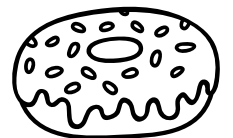
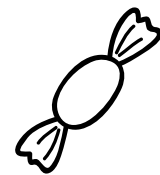
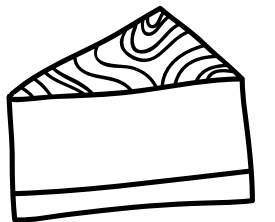
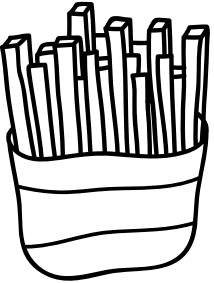
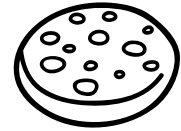
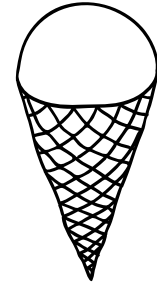


請選出2個明天想  
吃的點心吧！

# 天天吃



# 偶爾吃





小朋友，

請把你點心盤

和家人一起分享吧！

(如果選到兩個都是偶爾吃的小朋友，試一看多選一個蔬菜吧！)