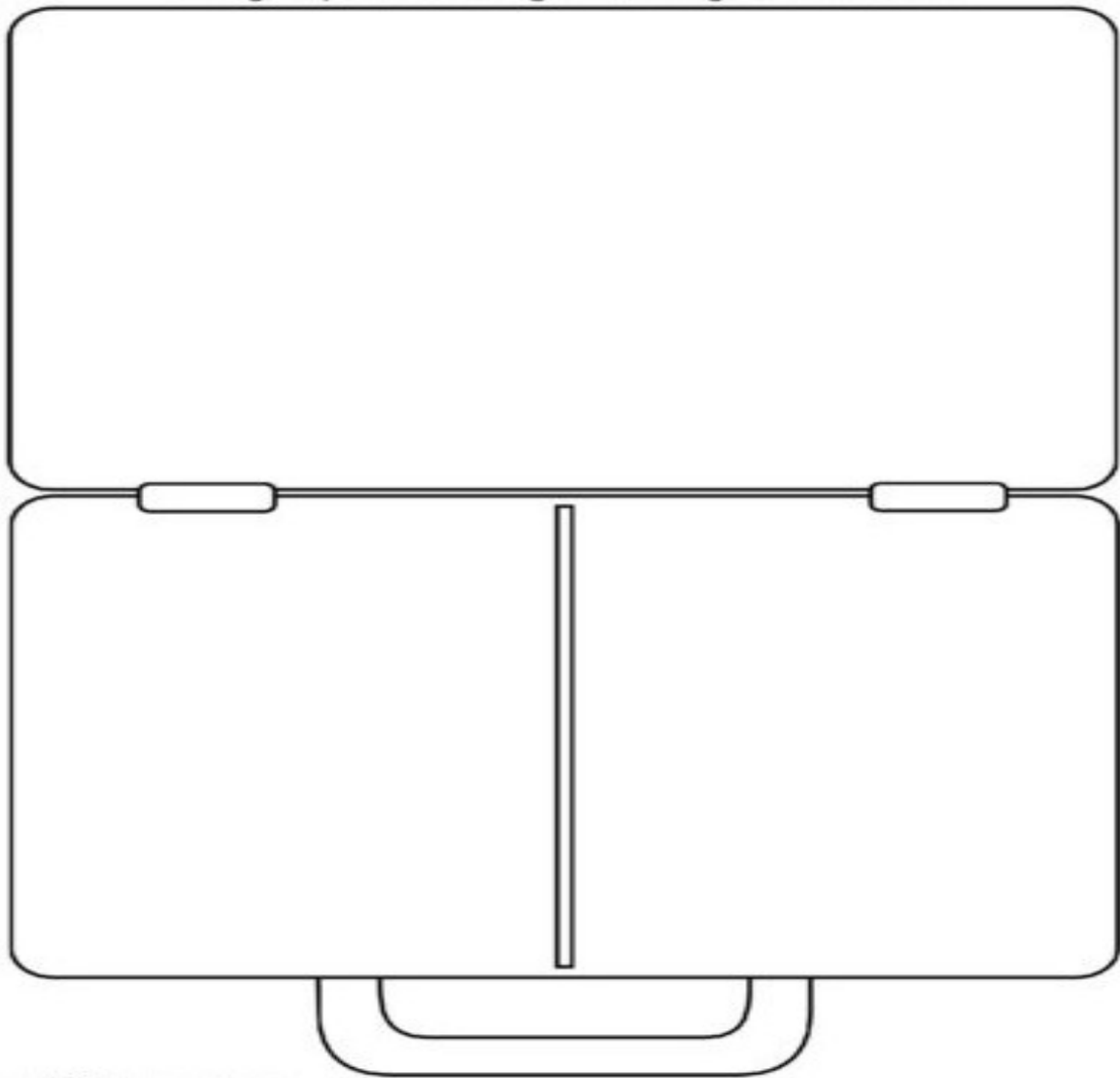


Main activity 2: Worksheet

Group work: Work with your groupmates to design a healthy lunch box



Picture used in main activity 2

**健康飯盒秘訣**



五穀類、蔬菜和肉類的佔飯盒容量的比例應是 **3 : 2 : 1**

