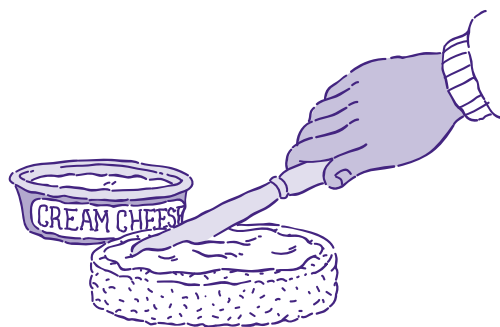


阿瑟的丹麥三明治

1

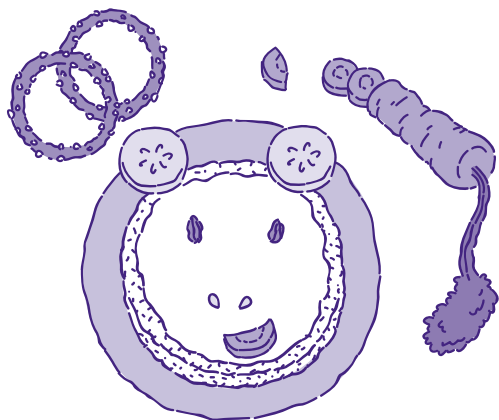
在英式鬆糕、米糕或袋袋包上抹上一層哈姆斯豆泥、乳脂乾酪或乾酪。



2

阿瑟臉的製作方法。

- 用葡萄乾或葵花籽做眼睛和鼻子。
- 用黃瓜或香蕉片或杏乾做耳朵。
- 用胡蘿蔔或甜紅椒粒做嘴巴。



3

用圓形椒鹽卷餅做阿瑟的眼鏡。



營養早餐可選用阿瑟三明治、一杯牛奶和一個橙子。

誰會想到阿瑟三明治這麼可口……而且還對您的身體有益!

Staying Healthy

Tips for Parents and Kids

It's important to eat right and get enough exercise. To stay healthy and fit:

- 🍏 Eat plenty of fruits, vegetables, and grain products. Provide fresh fruit and cut-up vegetables for snacks.
- 🍏 Try not to eat too many fatty foods or too many sweets.
- 🍏 Don't spend too much time in front of a computer screen or television.

Get up and move! It's fun and it's good for you. Here are some ideas to get you started:

- 🌀 Put on music and dance around your living room.
- 🌀 Go for a walk. Play follow the leader, toss a bean bag back and forth, or walk in a pattern: skip 4 steps, walk 4 steps, skip 4 steps, walk 4 steps.
- 🌀 Keep a balloon or beach ball up in the air using your feet, knees, head, and hands.

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保持健康

對父母與孩童的提示

營養食品與足夠的體育鍛煉十分重要，要想保持健康：

- 🍏 食用大量水果、蔬菜和穀物，用新鮮水果和蔬菜做零食。
- 🍏 請勿食用過多脂肪含量很高的食品或過多的甜食。
- 🍏 請勿在電腦螢幕或電視機前呆過長時間。

站起來活動！既有趣又健康。下面是一些幫助你入門的方法：

- 🌀 在起居室內播放音樂並跳舞。
- 🌀 出去散步，玩「跟我學」遊戲、來回扔豆袋或走花步：跳4步，走4步，跳4步，走4步。
- 🌀 用腳、膝蓋、頭和手將氣球或沙灘排球拋向空中，不要讓它落下。

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