



Healthy Eating is **As Easy As ABC**



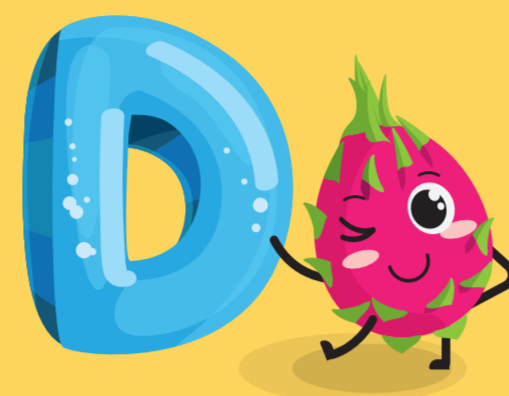
Apple



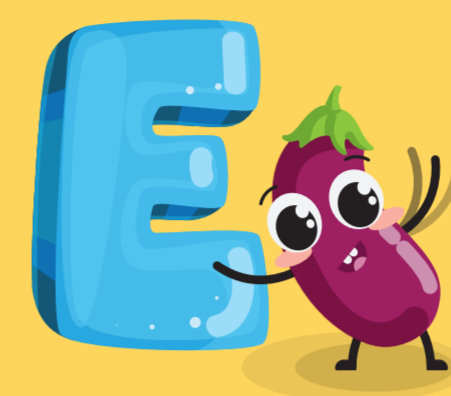
Brown rice



Carrot



Dragon fruit



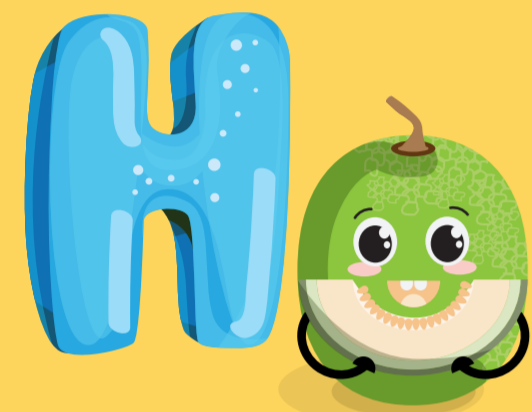
Eggplant



Fish



Grapes



Honeydew



Iceberg lettuce



Jackfruit



Kai Lan



Lean meat



Milk



Nuts



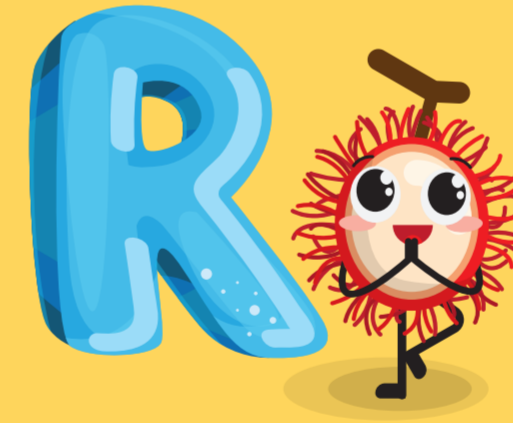
Oats



Plain water



Quail's egg



Rambutan



Spinach



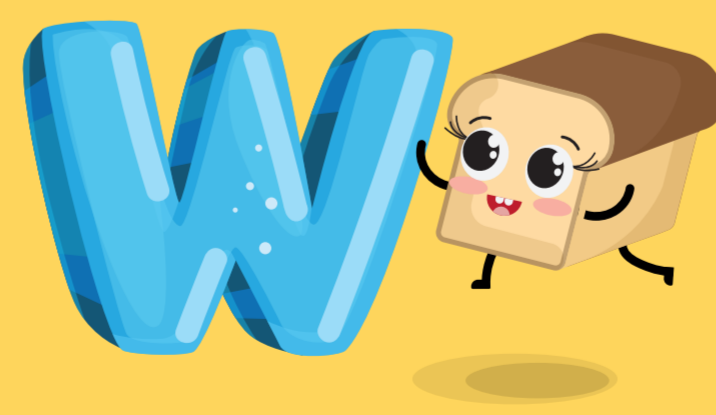
Tofu



Unsweetened drinks



Vermicelli



Wholemeal bread



Xiao Bai Cai



Yoghurt



Zucchini

Let's be a Healthy Pre-school today!