

four cubes of sugar one day



兒童一天糖的攝取量最多為 20公克，大約4顆方糖。









全糖



半糖

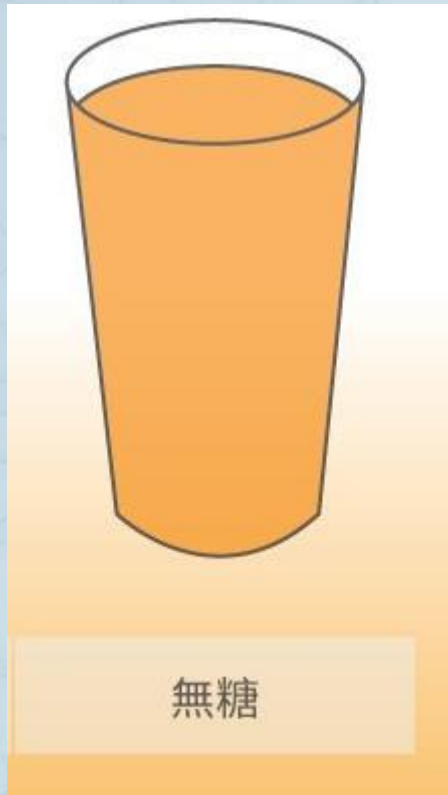


微糖



無糖

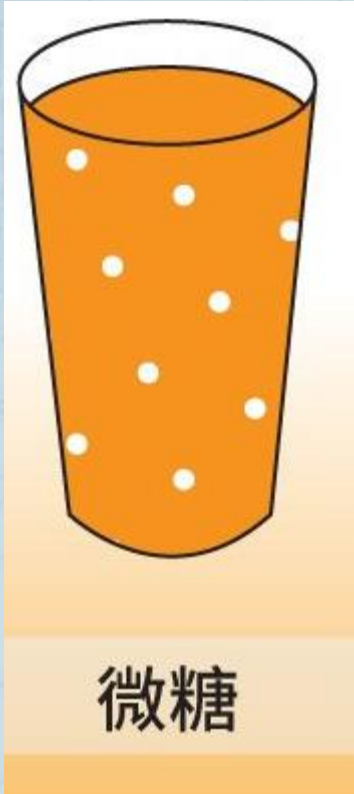
Guess ,how many cubes of sugar are there?



0 1



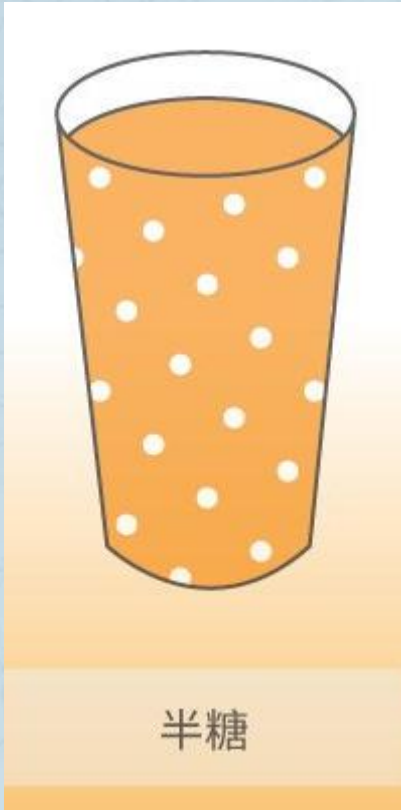
Guess, how many cubes of sugar are there?



10 12



Guess, how many cubes of sugar are there?



16 18



Guess, how many cubes of sugar are there?



22 30







# stir



# Do you feel it sweet?



22

16

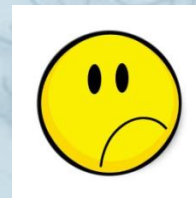
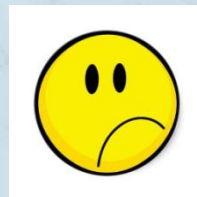
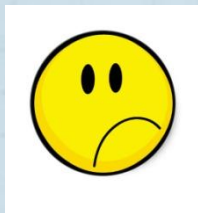
10

0

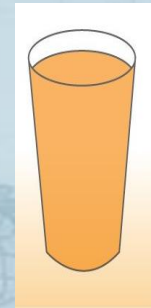
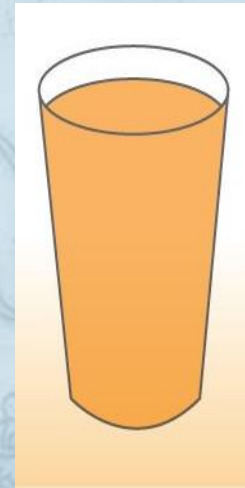
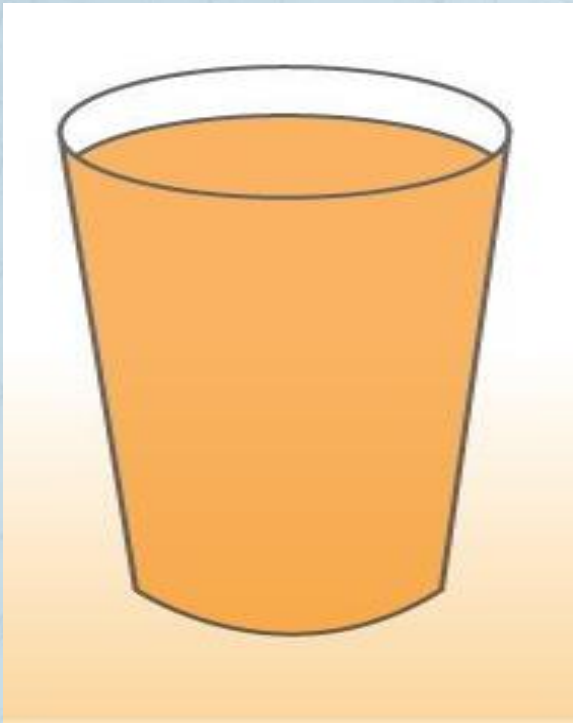
健康第一。



# You can choose



# You can choose





water

# 健康飲料店

Boss(老闆): May I help you?

Customer(顧客):

1. green tea without sugar
2. barley tea with little sugar

點飲料囉!

Boss(老闆):

50dollars. Here you are.

Customer(顧客):

thank you





Thank you for your listening

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