

Let's Count the Number of Healthy Drinks

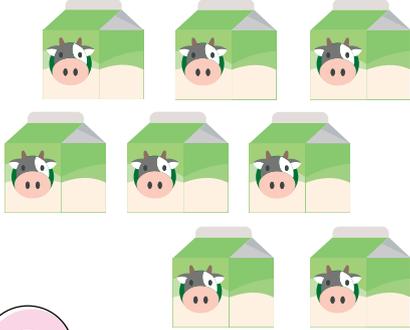
How many cups/cartons of healthy drinks are there in each picture below respectively?

Please **circle the answer**.



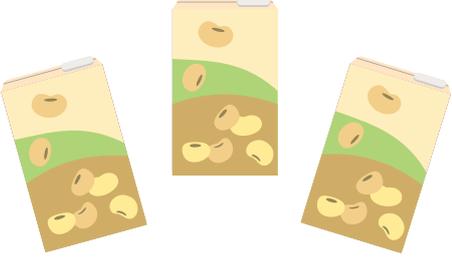
1 Water

5
6
7



2 Low-fat milk (original flavour)

7
8
9



3 Calcium-fortified, low-sugar soymilk

1
2
3



4 Lemon water without added sugar

9
10
11



EatSmart Doggie's Smart Tips

Remember to take **2 servings of dairy products** every day!
1 serving of dairy product ≈ 1 glass of milk or soymilk.
(1 glass ≈ 240ml)



Answers:
1. 5
2. 8
3. 3
4. 10



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Activity Worksheets