

Healthy Drinks Matching Game

Please **draw lines** to match the healthy drinks with their shades!

①

Water



Ⓐ



②

Lemon water
without
added sugar

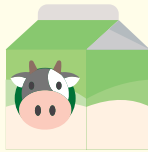


Ⓑ

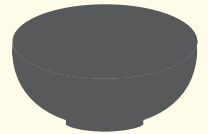


③

Low-fat milk
(original flavour)



Ⓒ



④

Calcium-fortified,
low-sugar soymilk



Ⓓ



⑤

Clear soup



Ⓔ



EatSmart Doggie's
Smart Tips

Choose healthy drinks more!



www.startsmart.gov.hk



Activity Worksheets