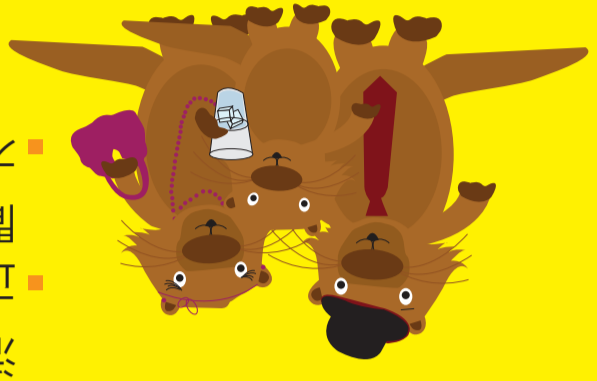


關於更多旁特水獺與他朋友們的小提醒,請至Santa Clara五年機構(First 5)網站:
www.potterloveswater.com.
First 5 Santa Clara offers more tips from Potter the Otter and his friends at
www.potterloveswater.com.

經費來源是美國農業部保助營養計劃,也就是加州 CalFresh。加州公共衛生局
First 5 Santa Clara offers more tips from Potter the Otter and his friends at www.potterloveswater.com.
Funded by USDA SNAP, known in California as CalFresh. California Department of Public Health



- 喝水
- 參與各種運動及體育活動
- 正餐與點心時間提供水或低脂牛奶
- 不以食物來獎勵孩子

- Rewarding kids with non-food items
 - Serving water or lowfat milk at meals and snack times
 - Participating in exercise/physical activity time
 - Drinking water
- Be A Role Model By:

從自己做起:



Potter the Otter Loves to Drink Water 旁特水獺愛喝水



Potter the Otter's Tips:

- 1 Drink water when you are thirsty
- 2 Limit 100% juice to 4-6 oz. per day
- 3 Serve water or lowfat milk at meals and snack times

旁特小提示:

- 1 口渴時, 就喝水
- 2 一天不喝超過4-6盎司的純果汁
- 3 正餐與點心時間提供水或低脂牛奶