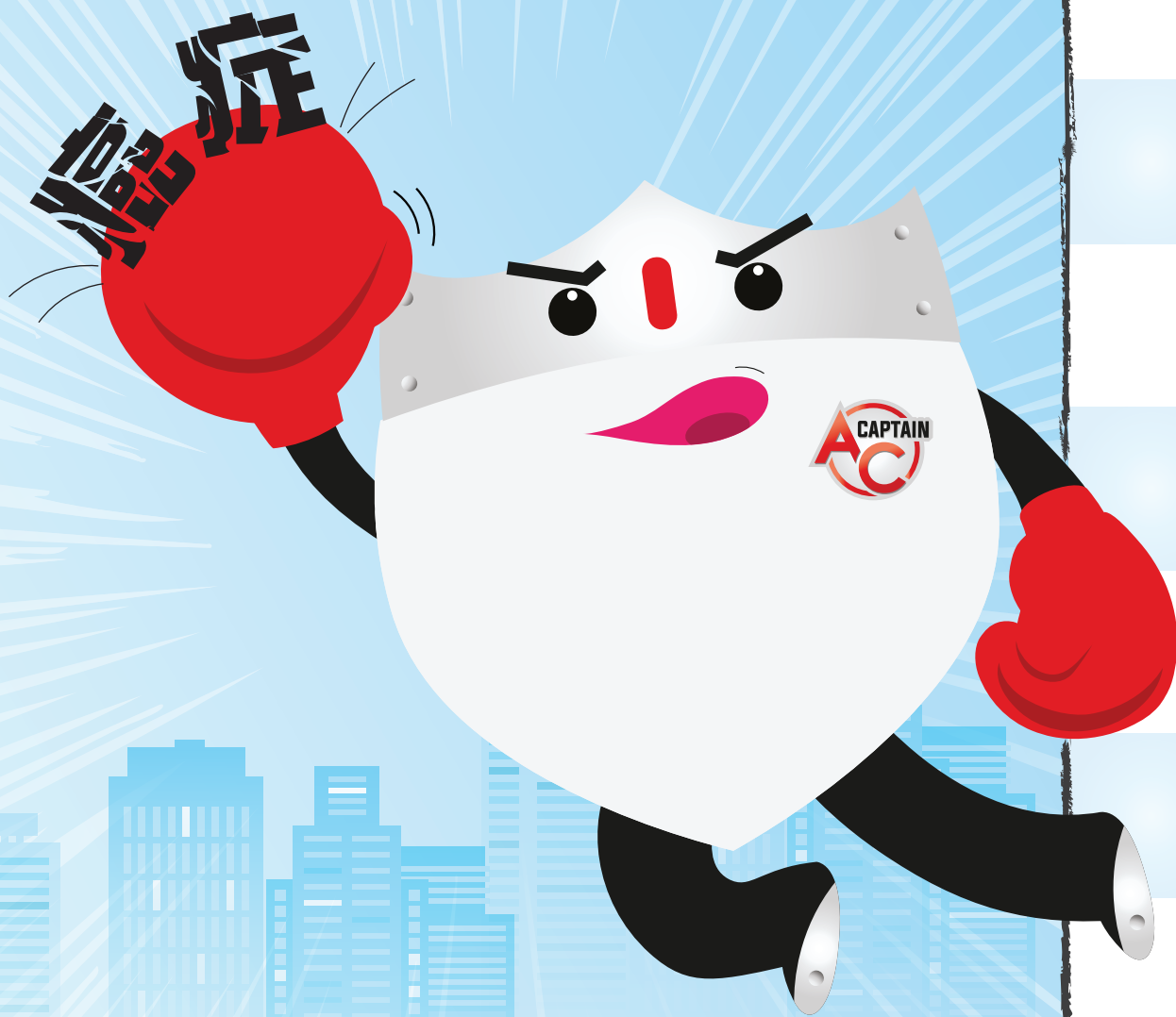


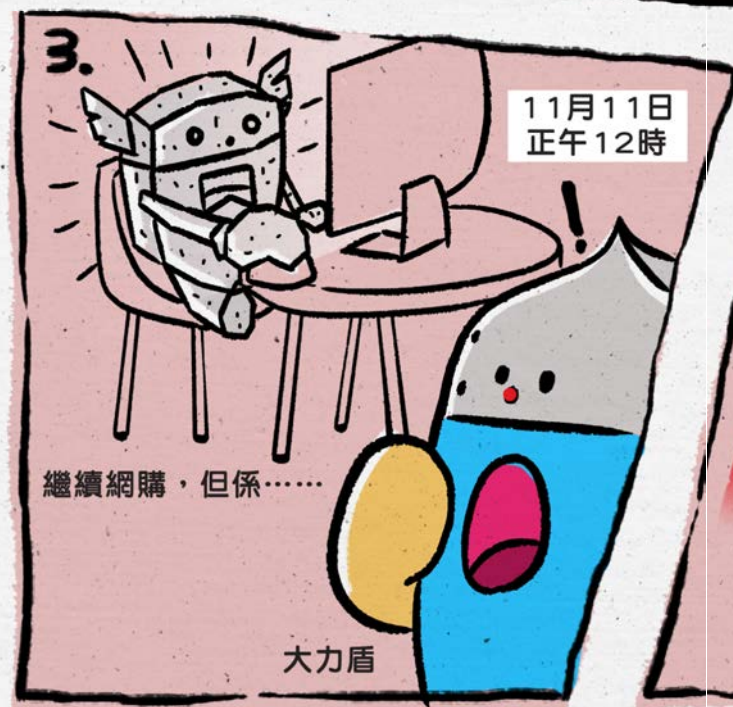
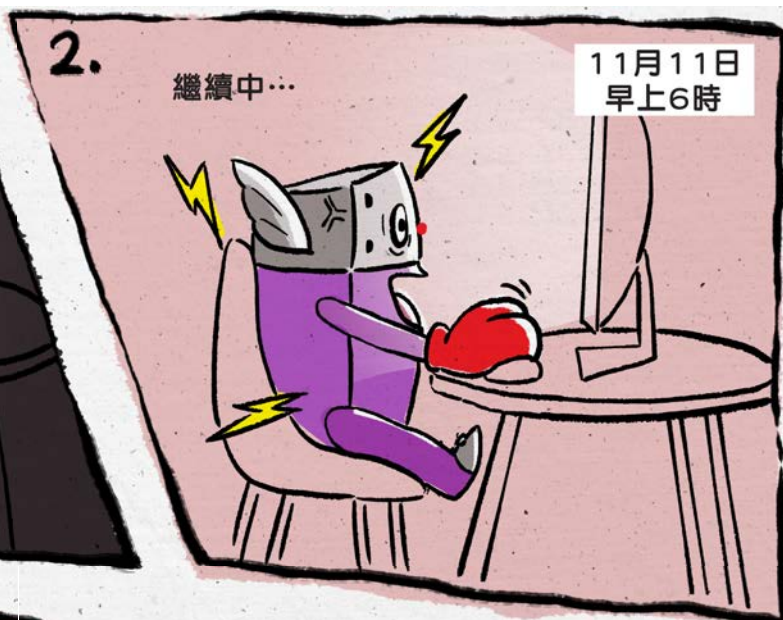
健康聯盟

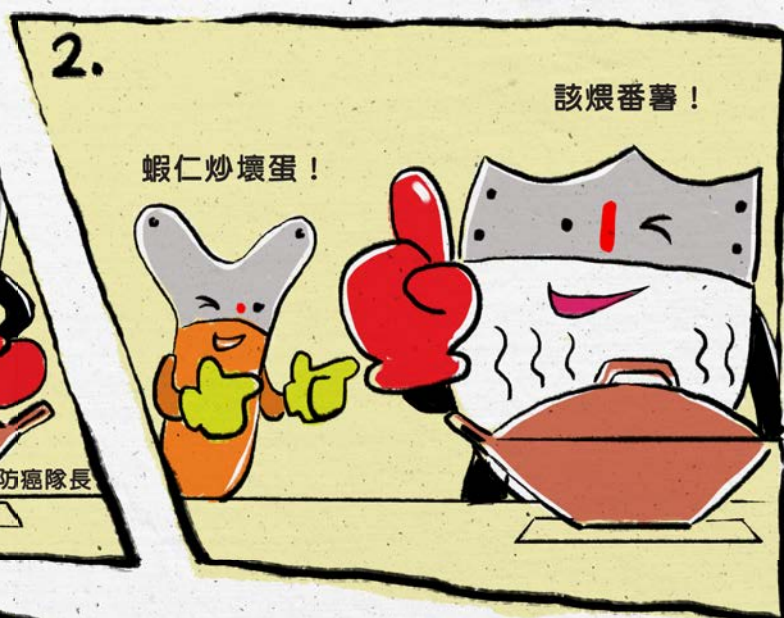
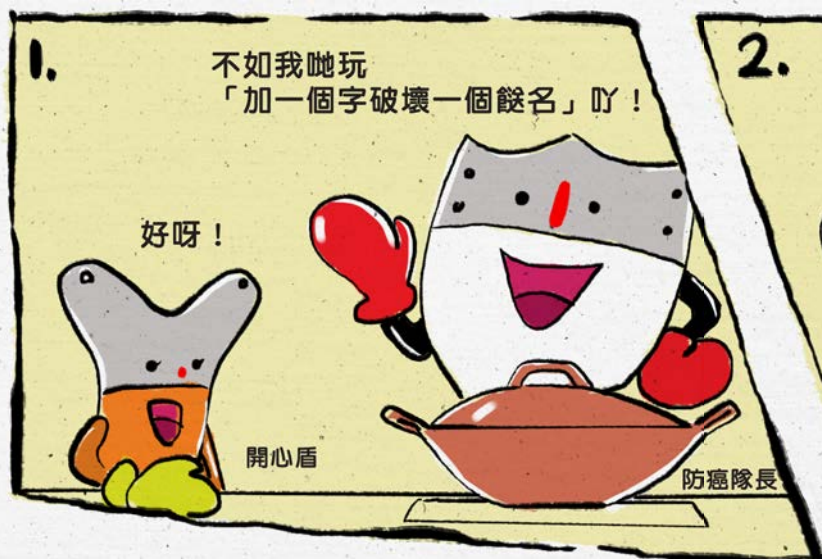
HEALTHY LEAGUE

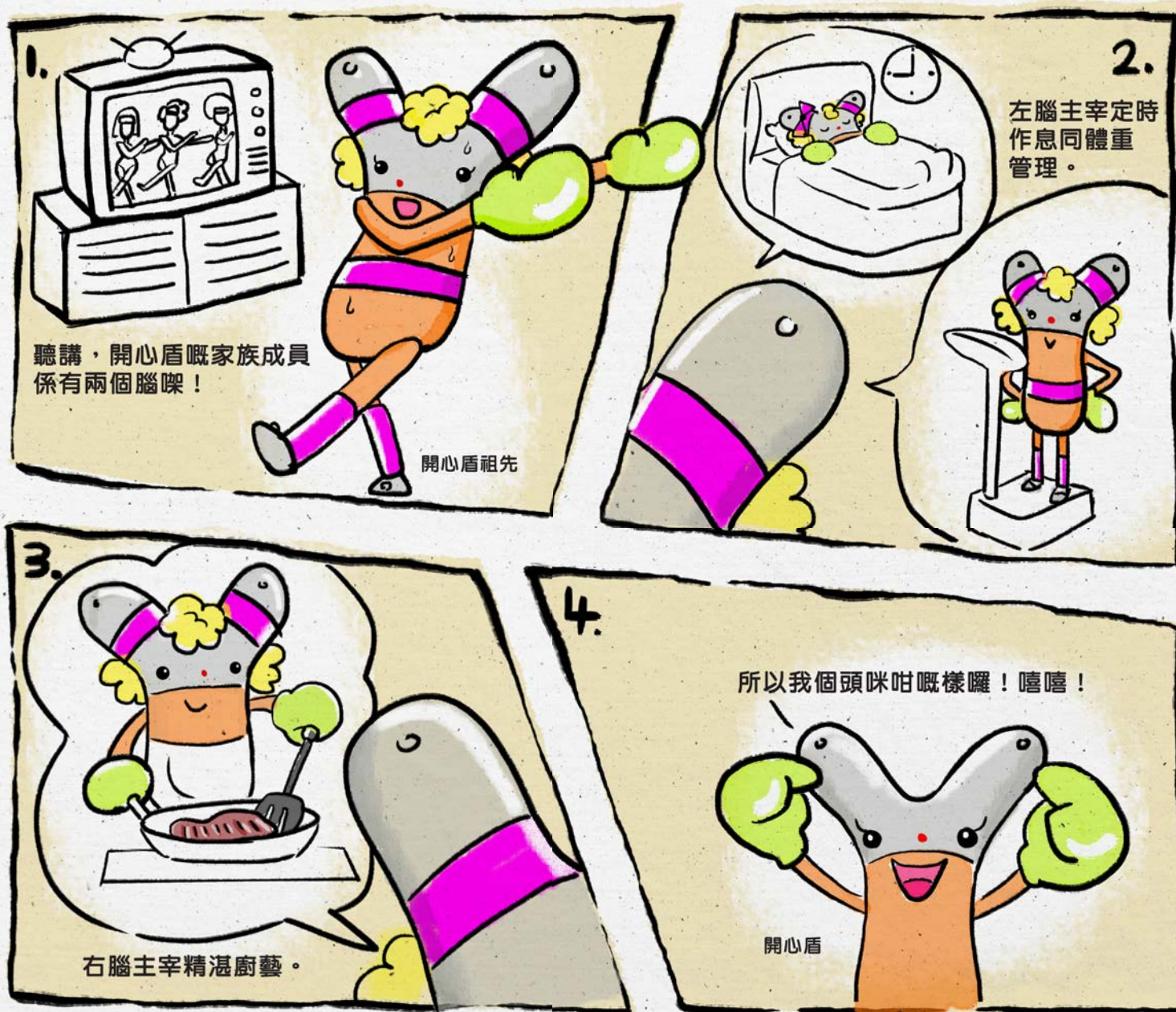


2 癌症要點預防呢?!

雙11瘋狂網購







露營前準備

1.

聽日露營用嘅帳篷同睡袋，
我都準備好啦！

大力盾

牙擦盾

2.

你負責伙食㗎㗎！點解個背囊冇嘢食嘅？

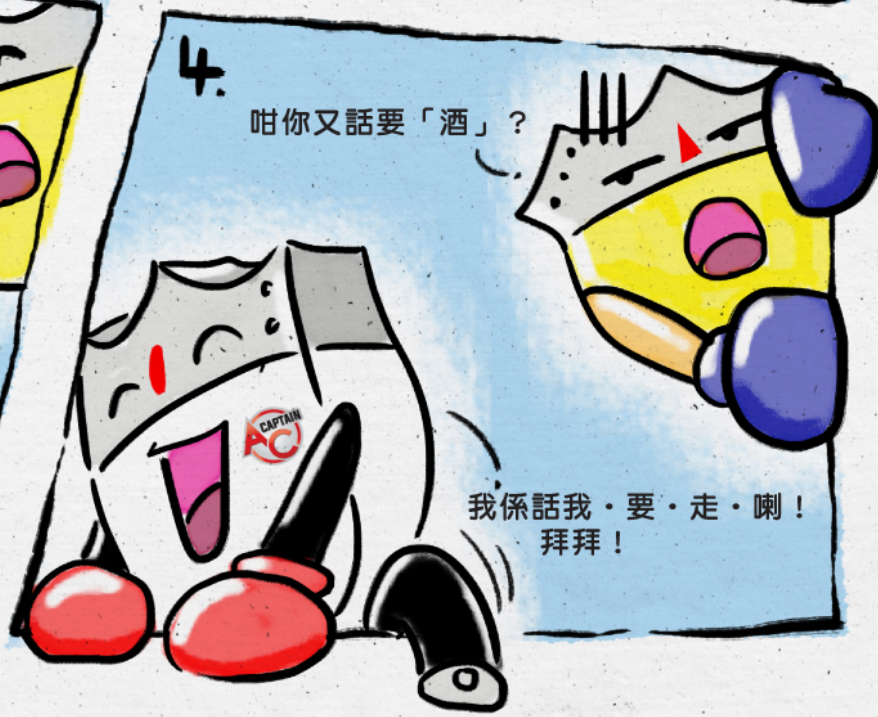
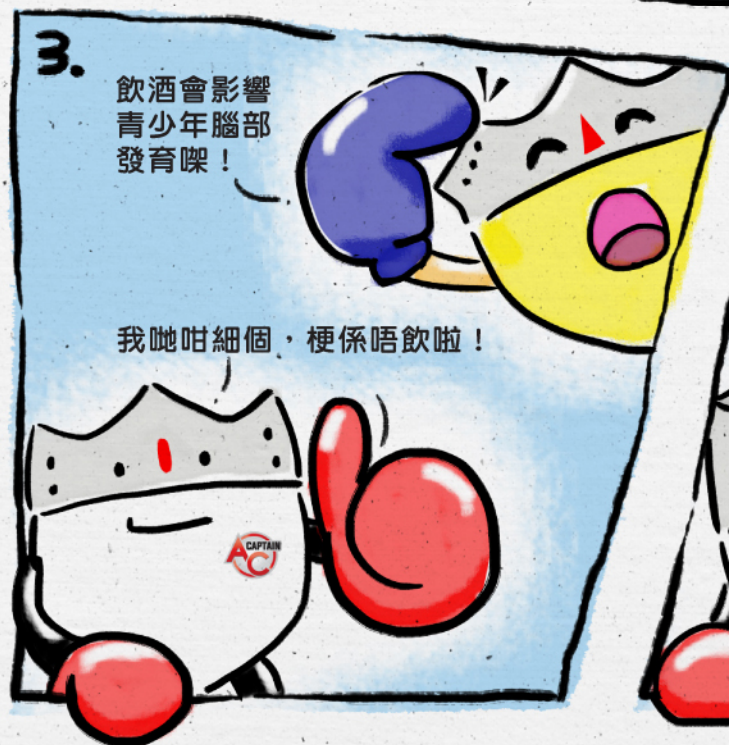
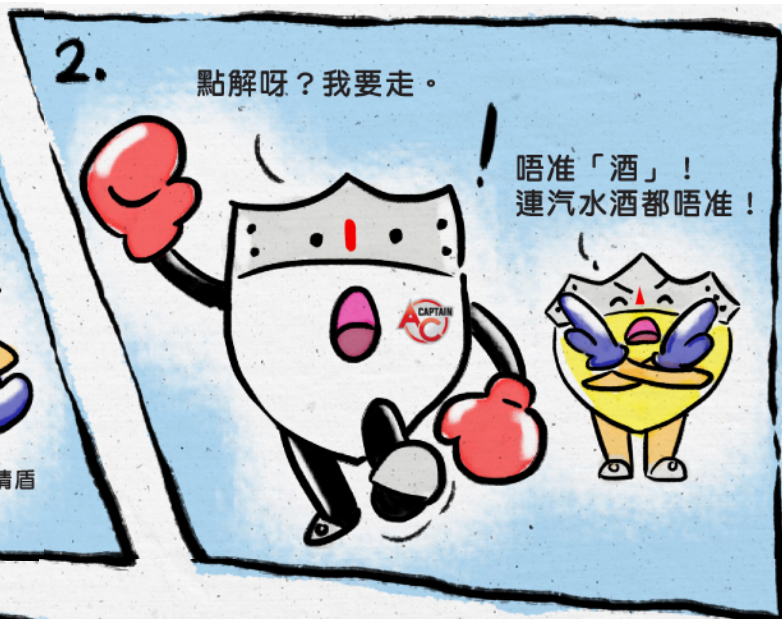
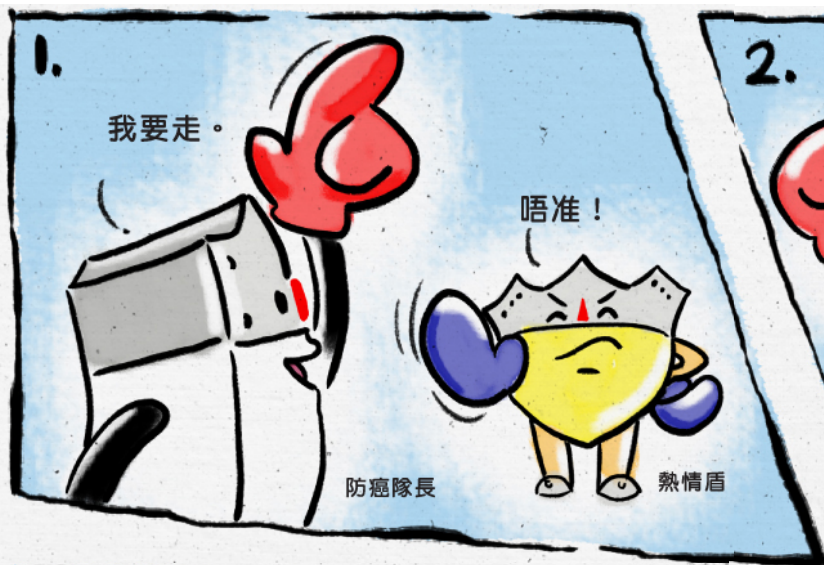
3.

放心啦！到時你就知㗎喇！

4.

[上個月，露營地點]

到時大把
新鮮蔬菜食啦！



1. 平安夜通宵派對



2. 聖誕節通宵派對



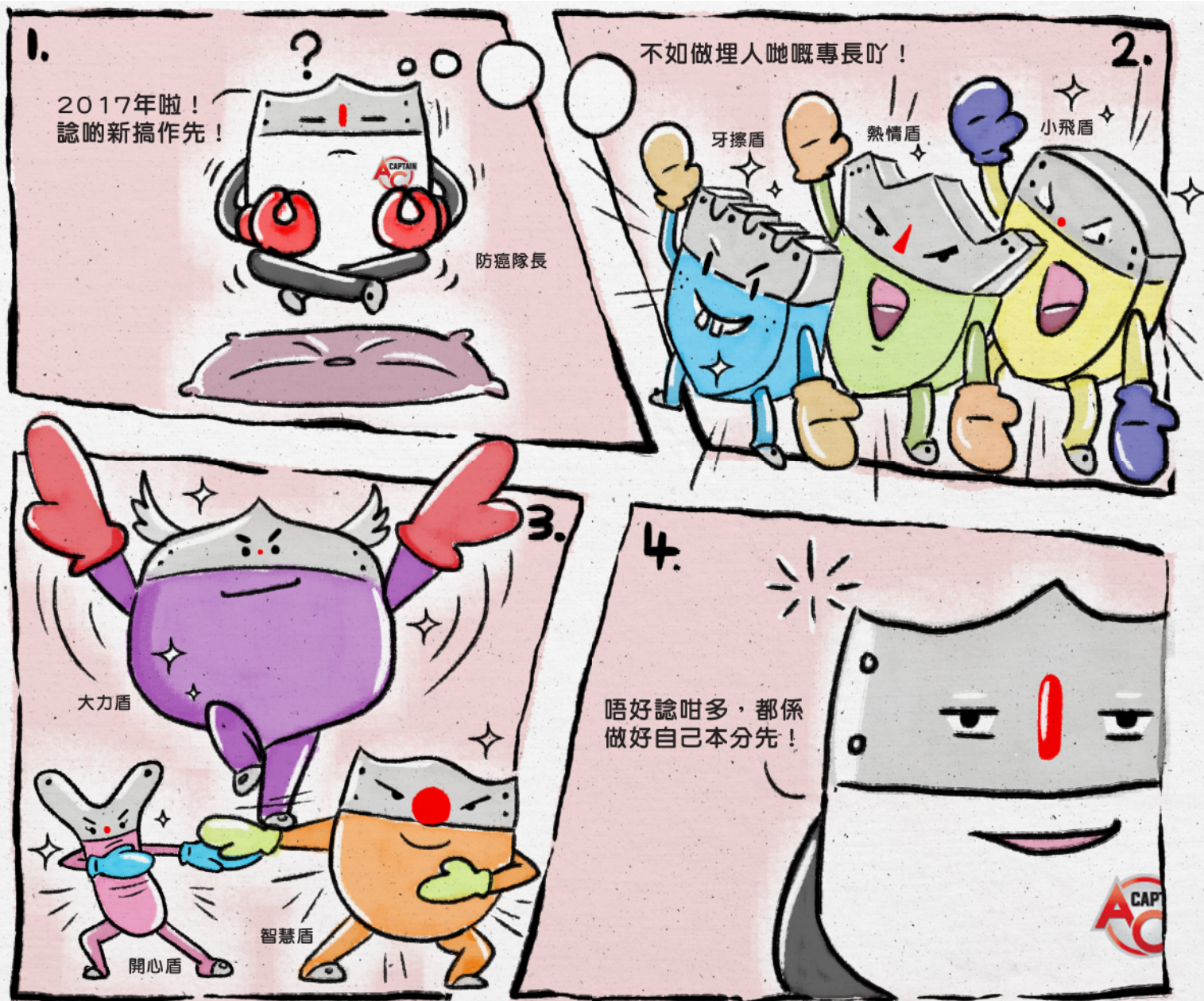
3. 拆禮物日通宵派對

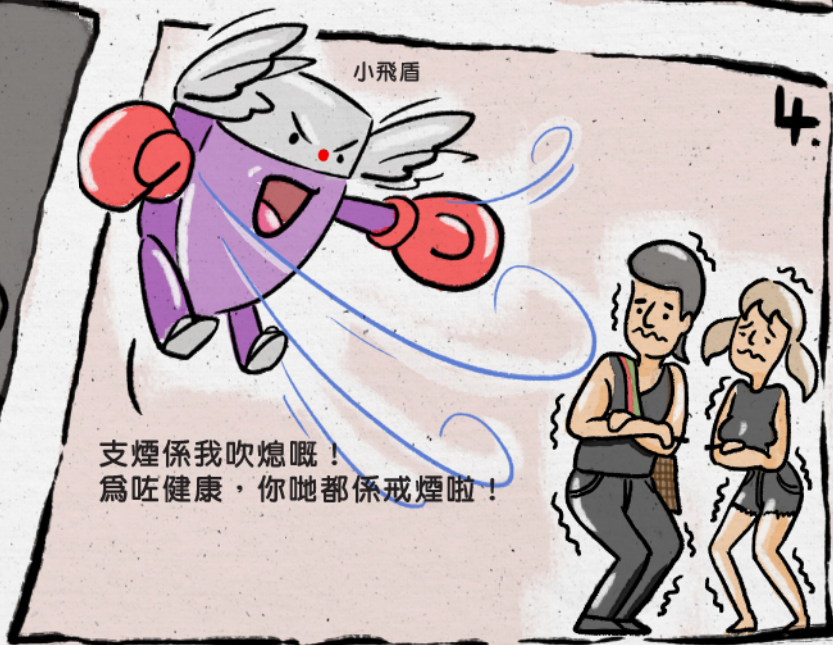
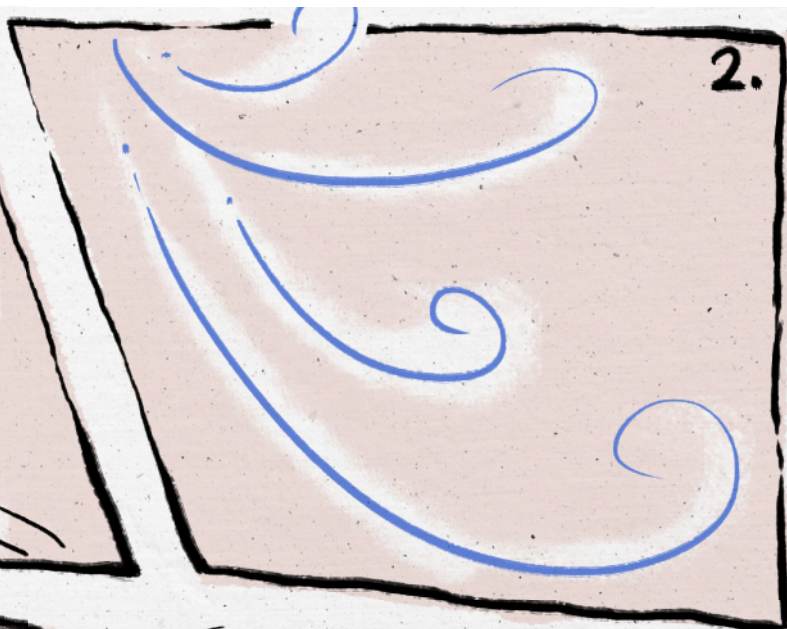


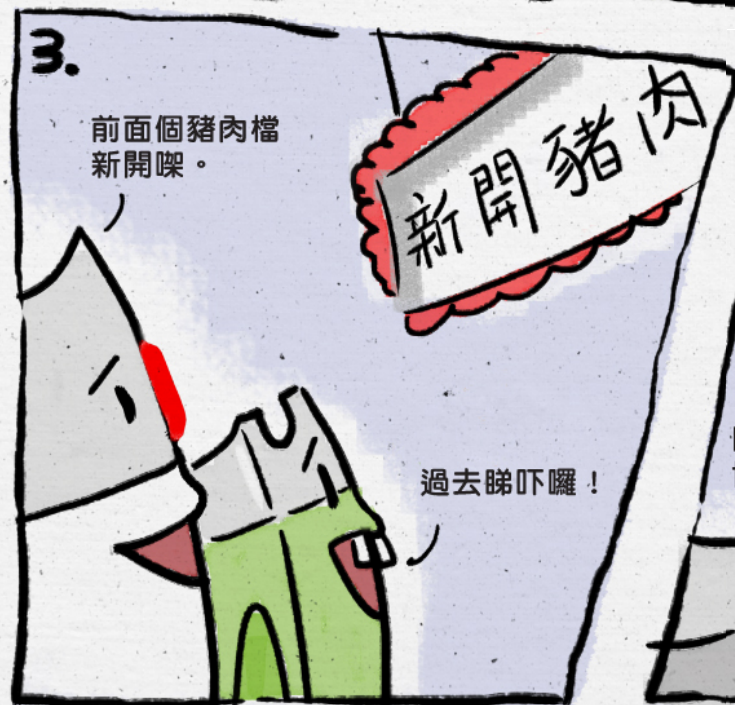
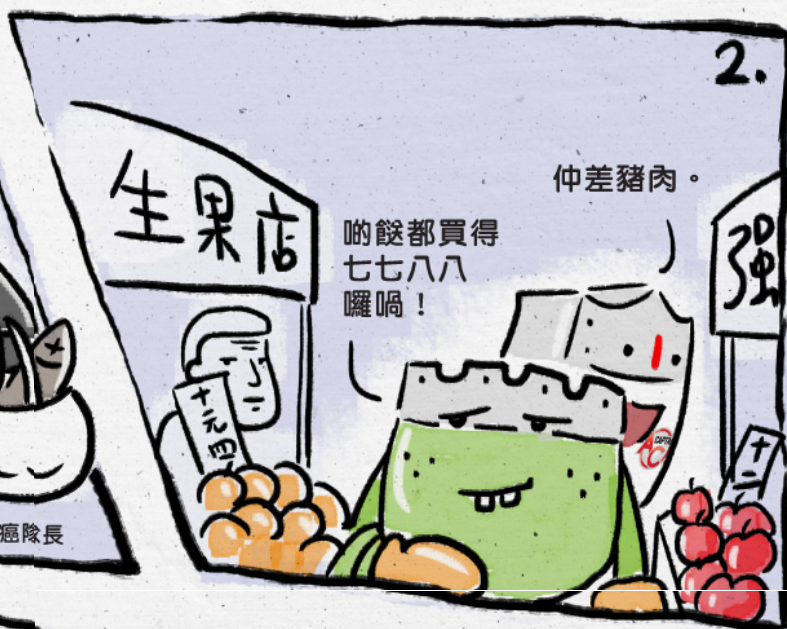
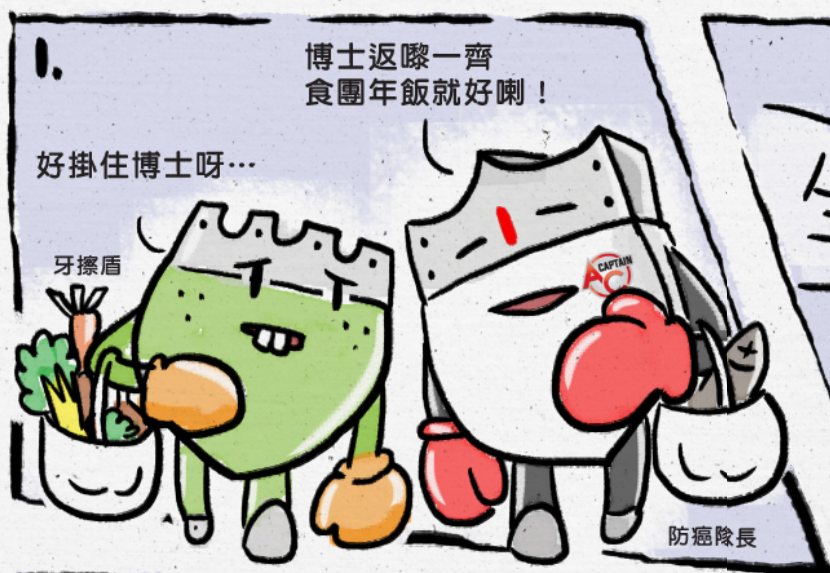
4. 晚晚通頂傷身又傷神㗎，快啲返去瞓覺啦！

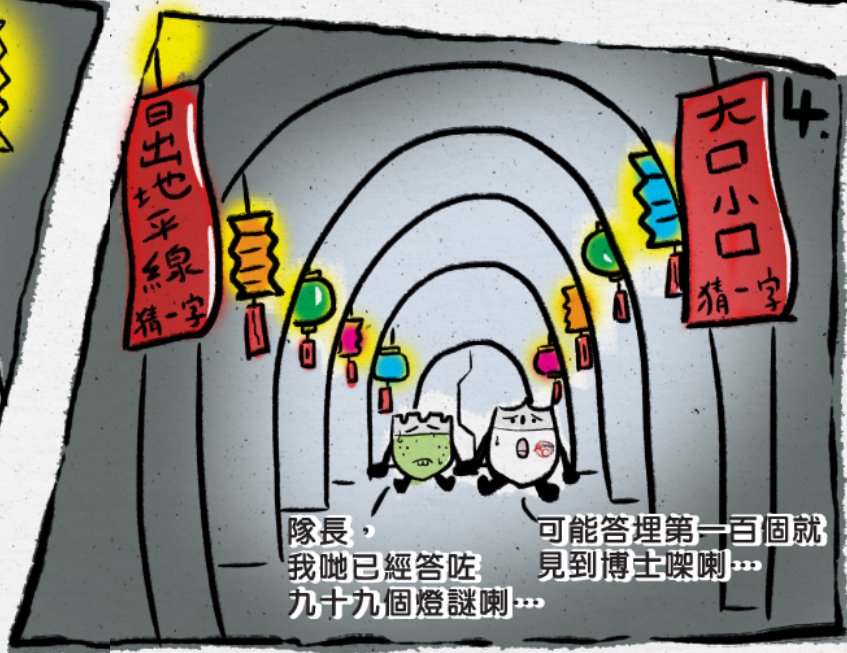
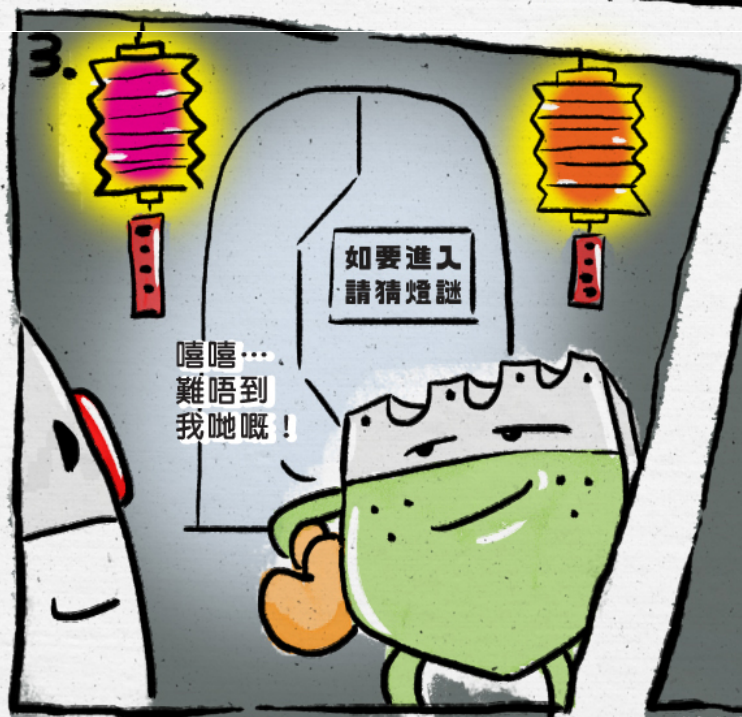
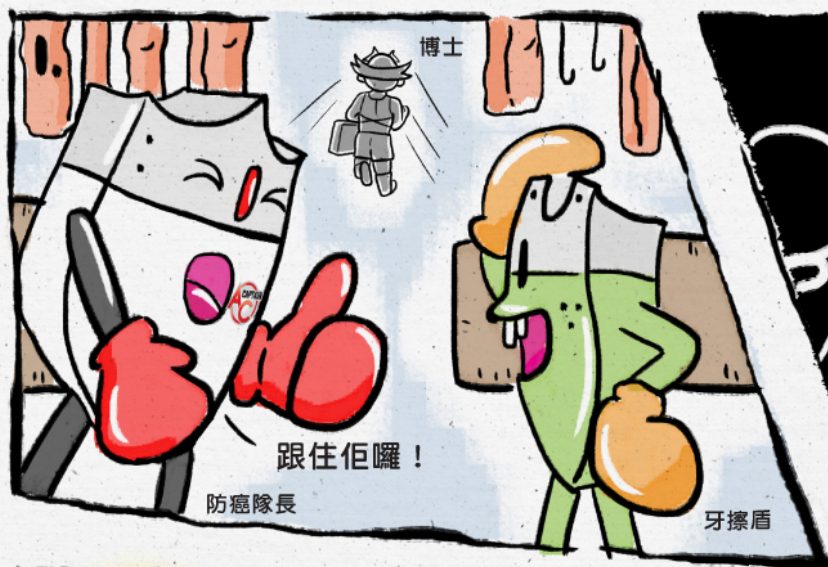


新一年新計劃

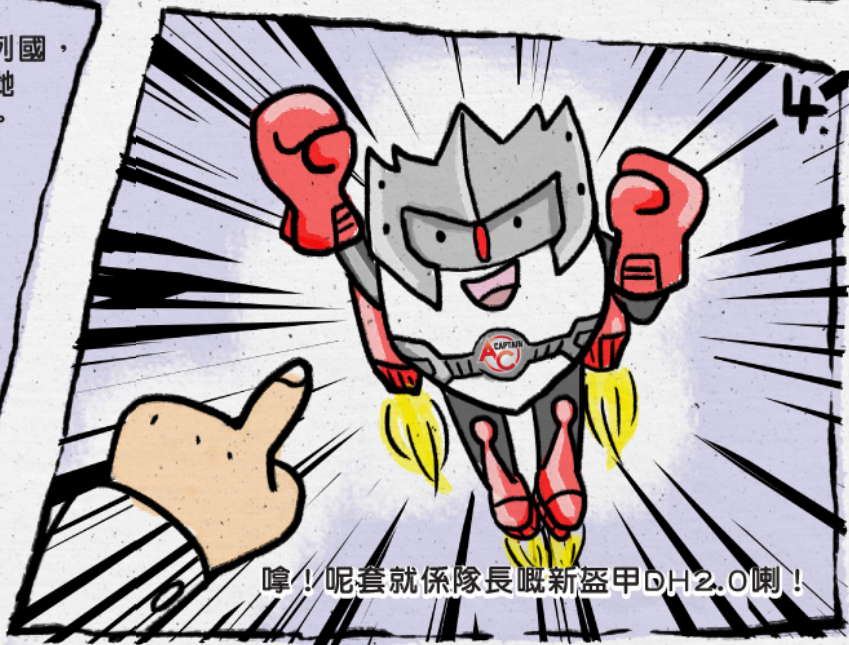
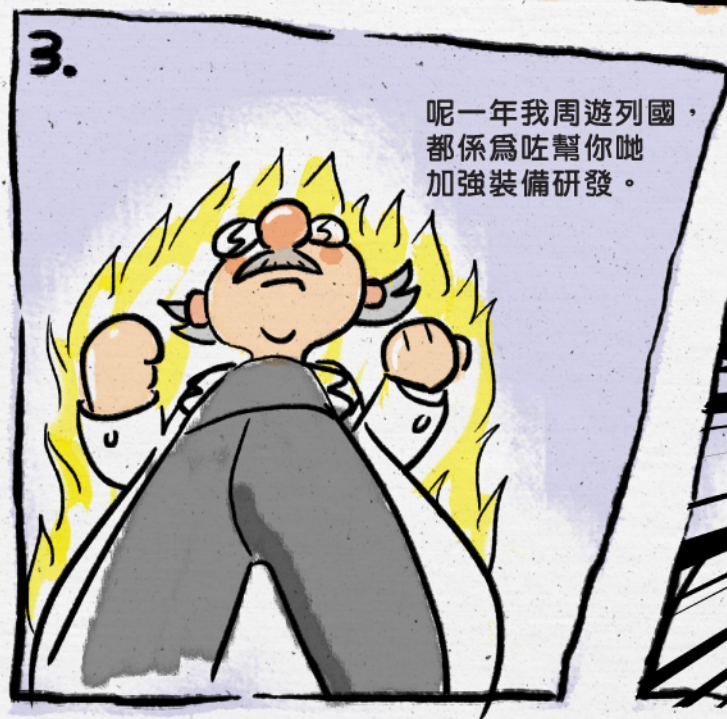
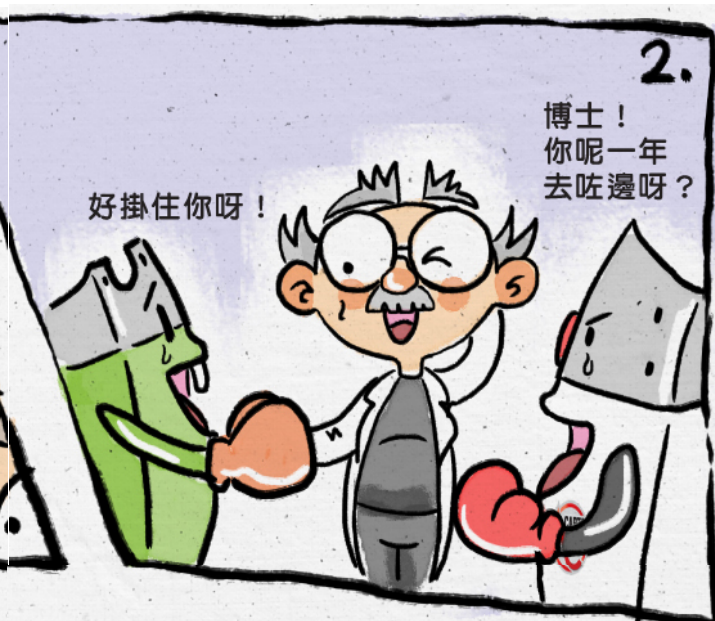
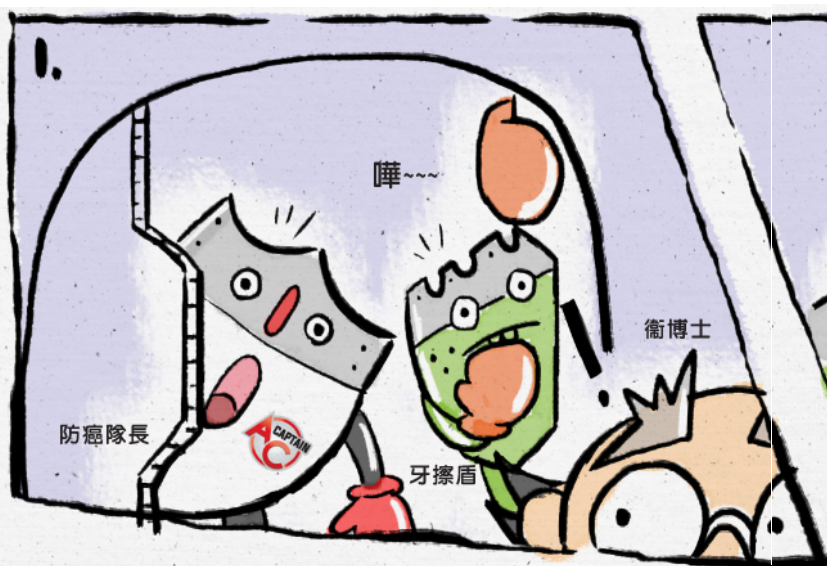




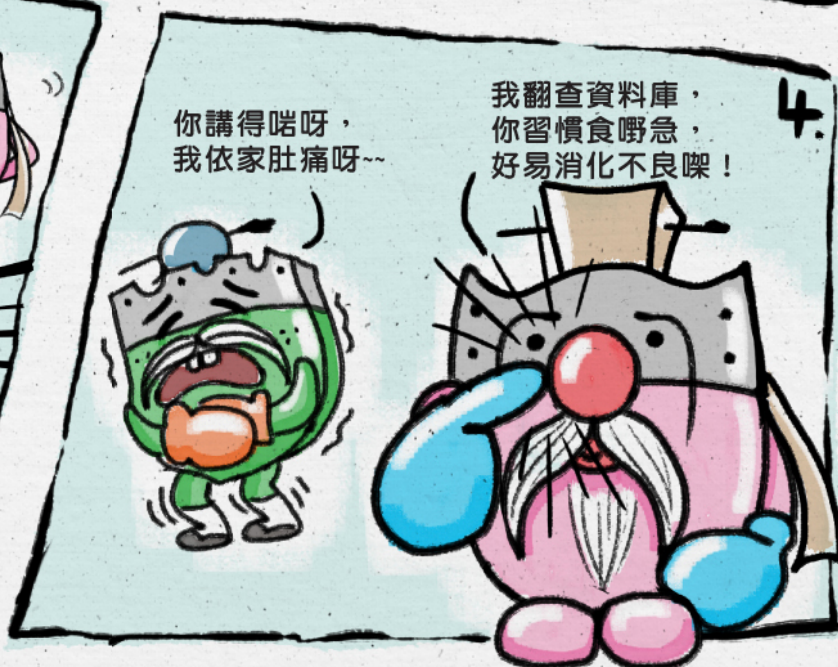
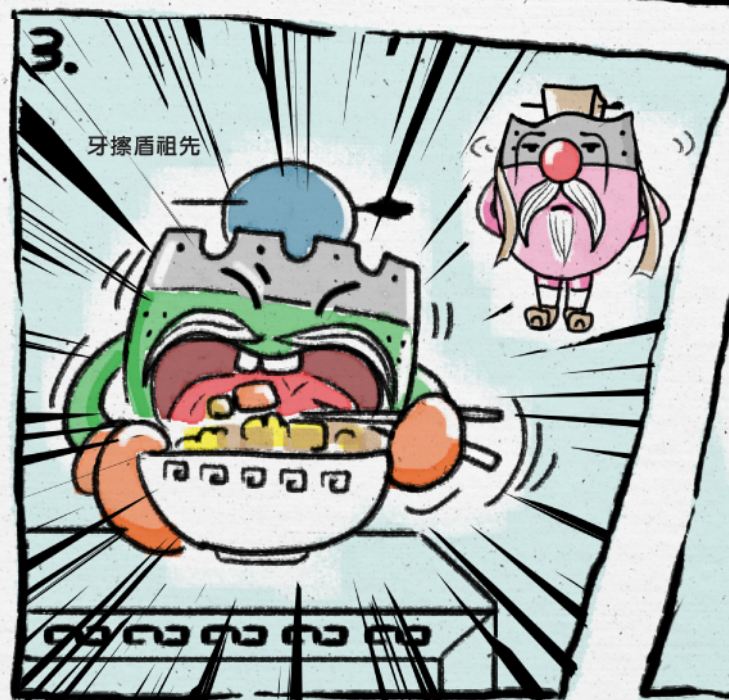
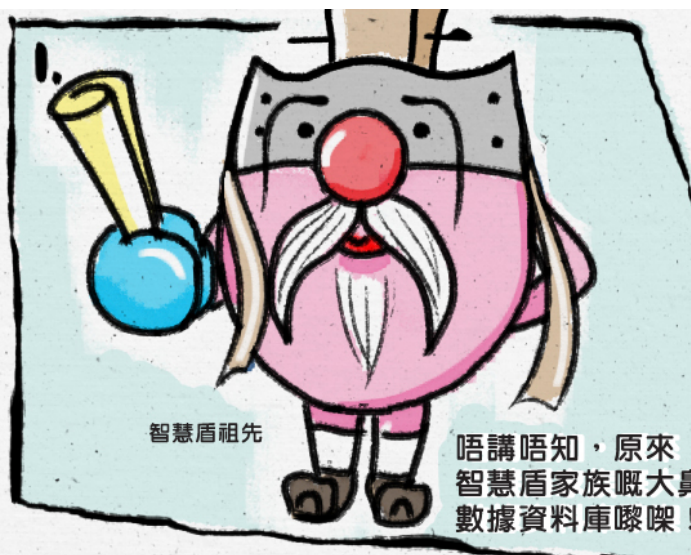


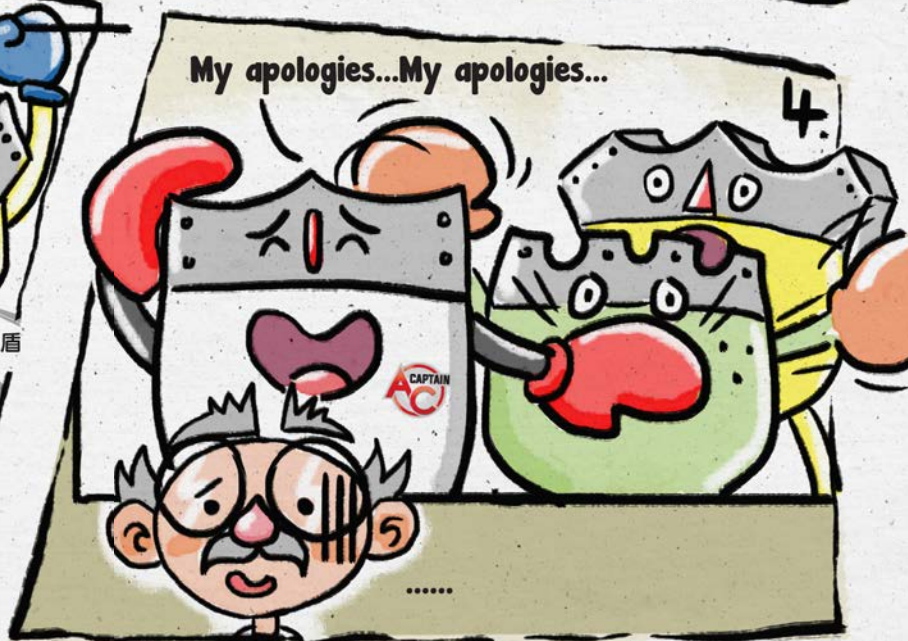
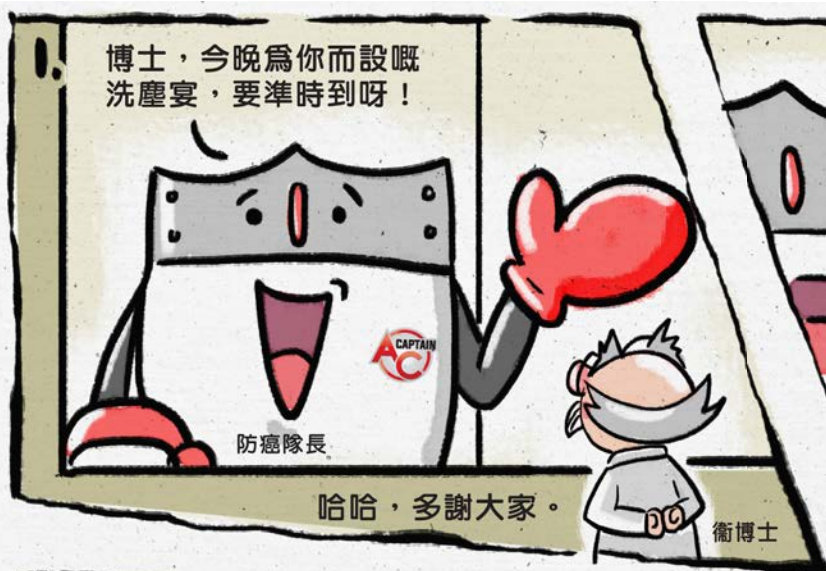


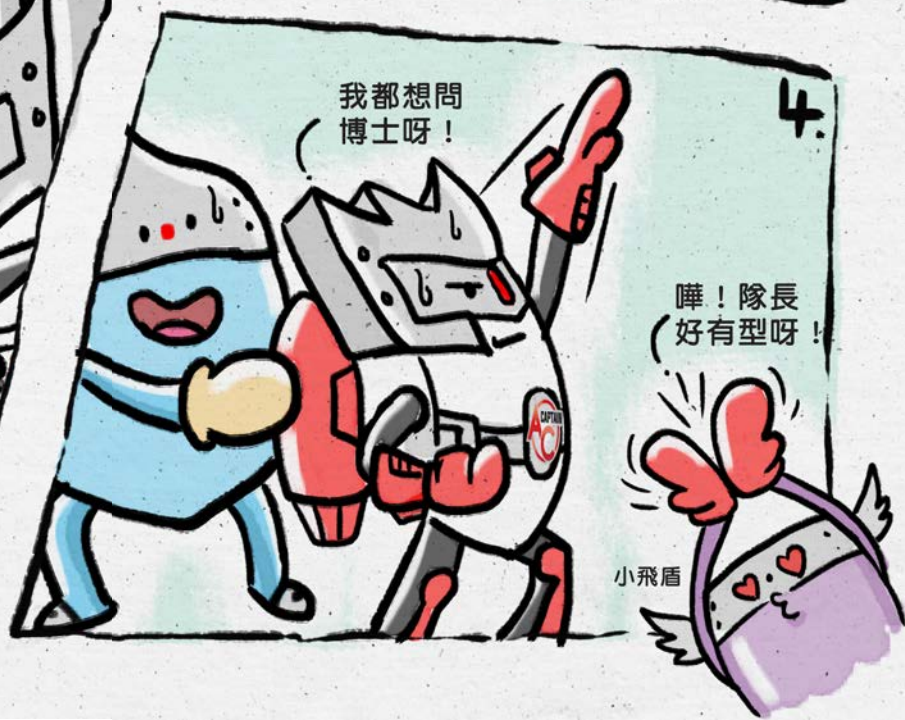
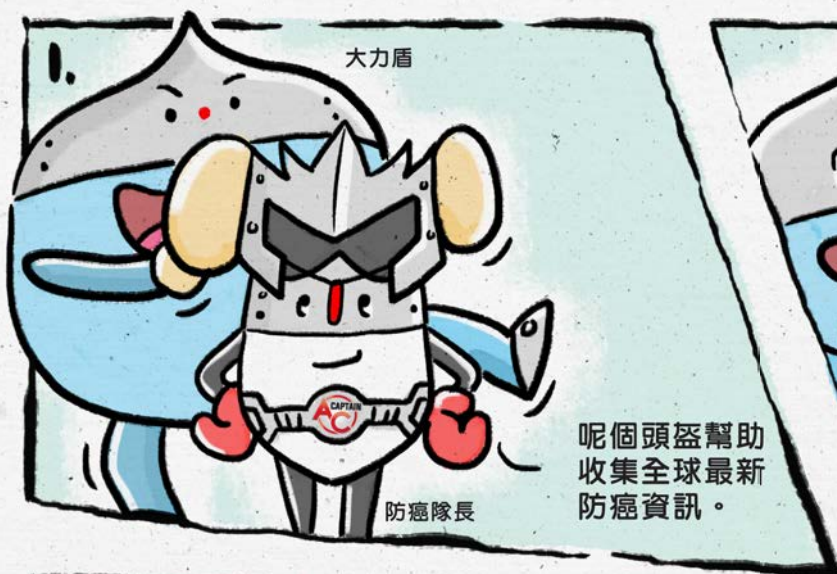
失蹤的原因

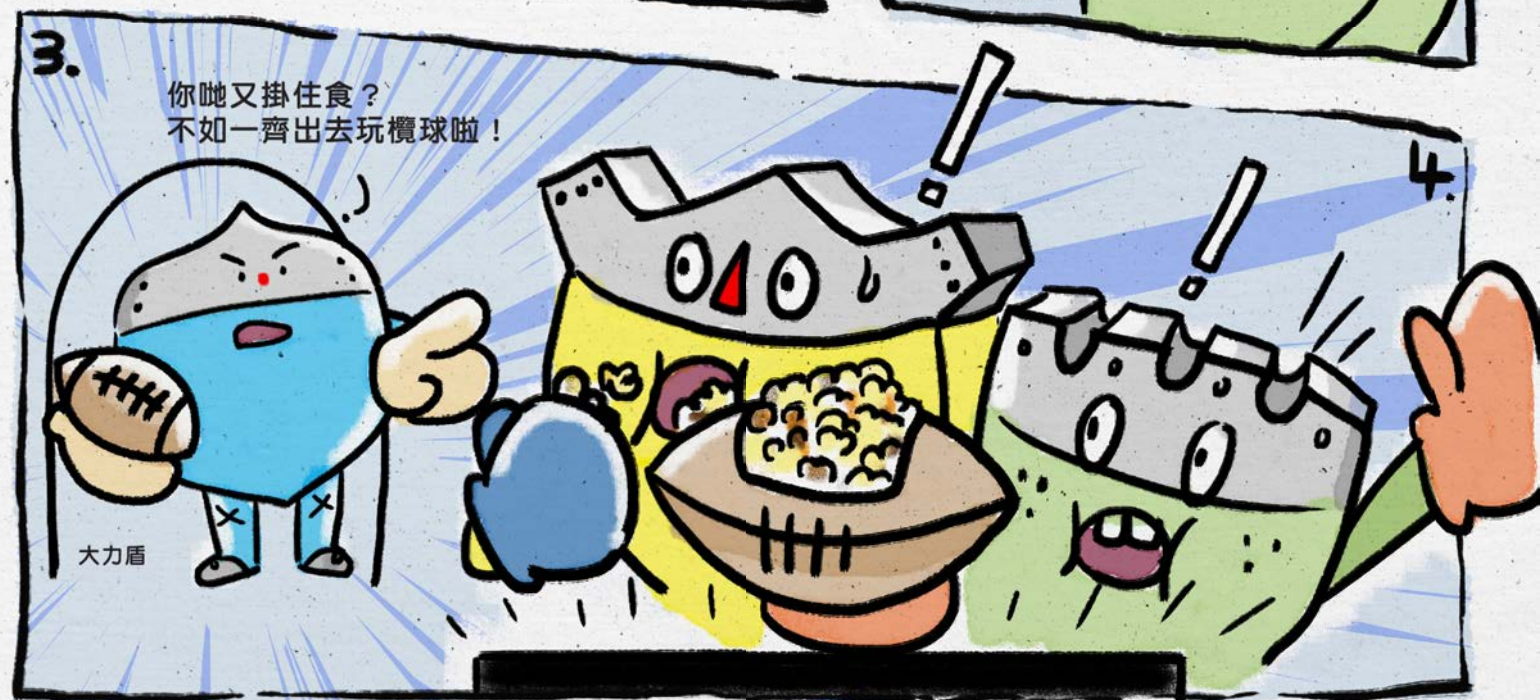
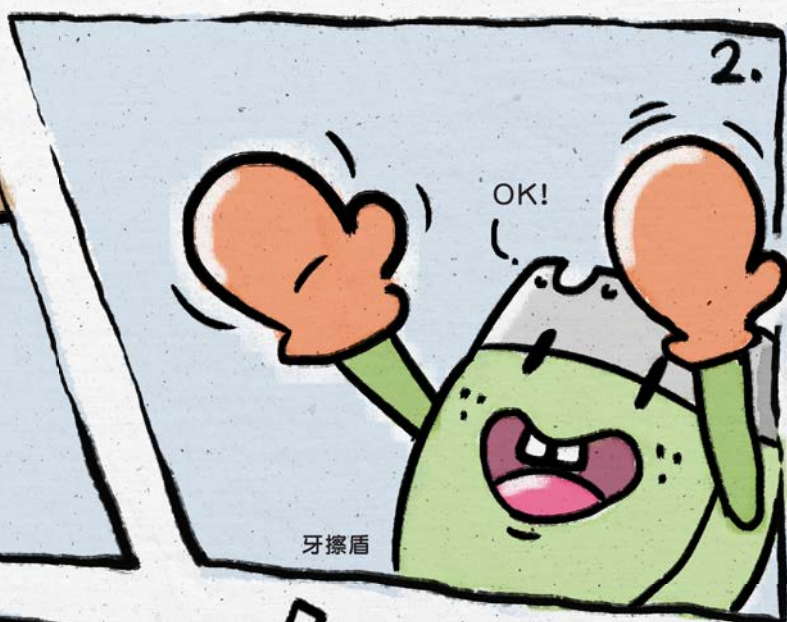
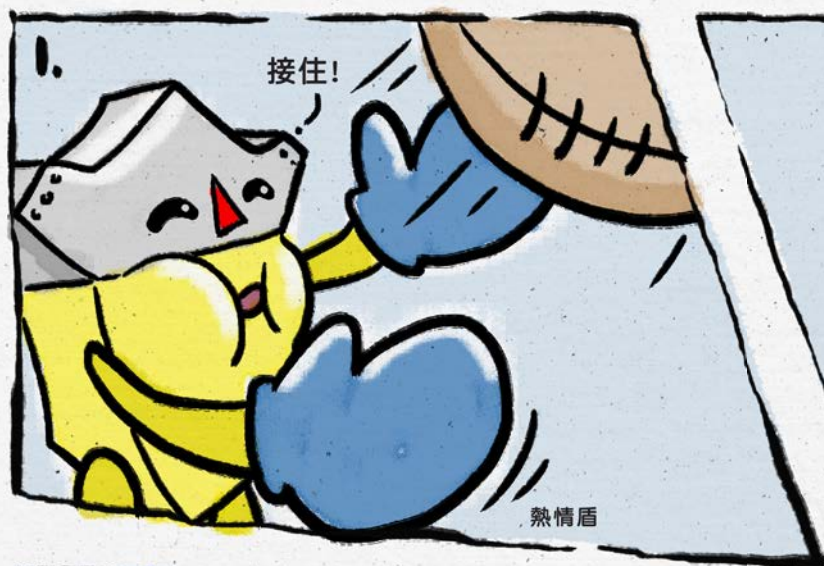


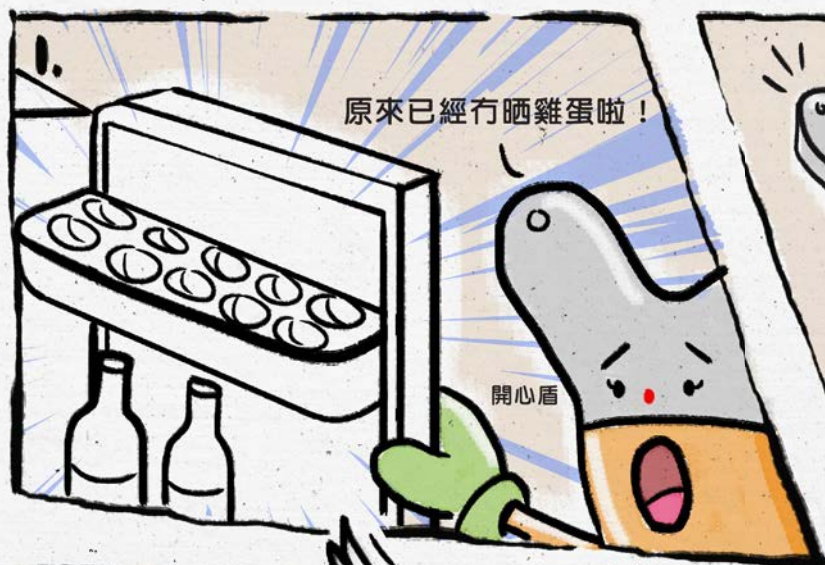
大數據鼻子



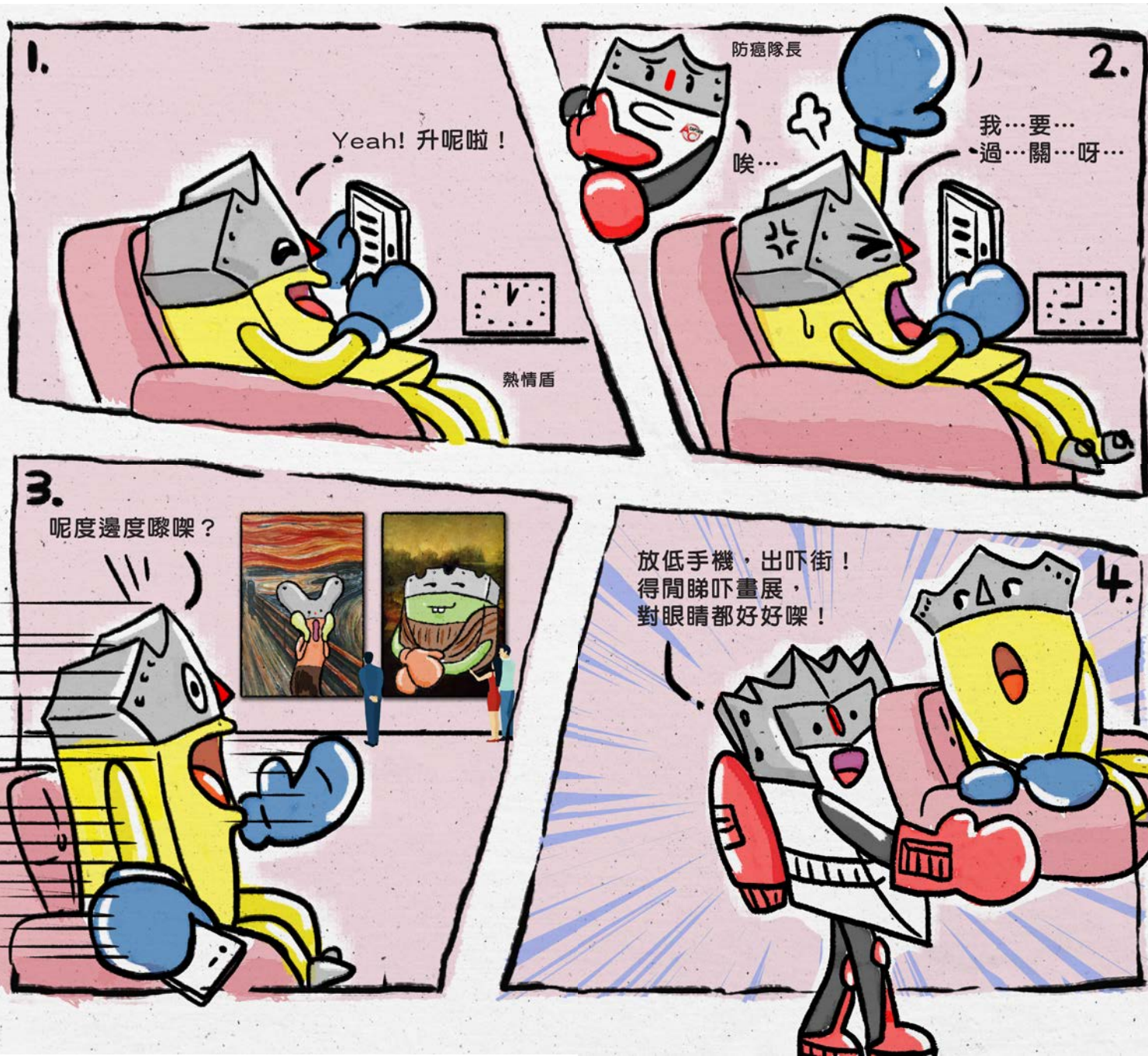


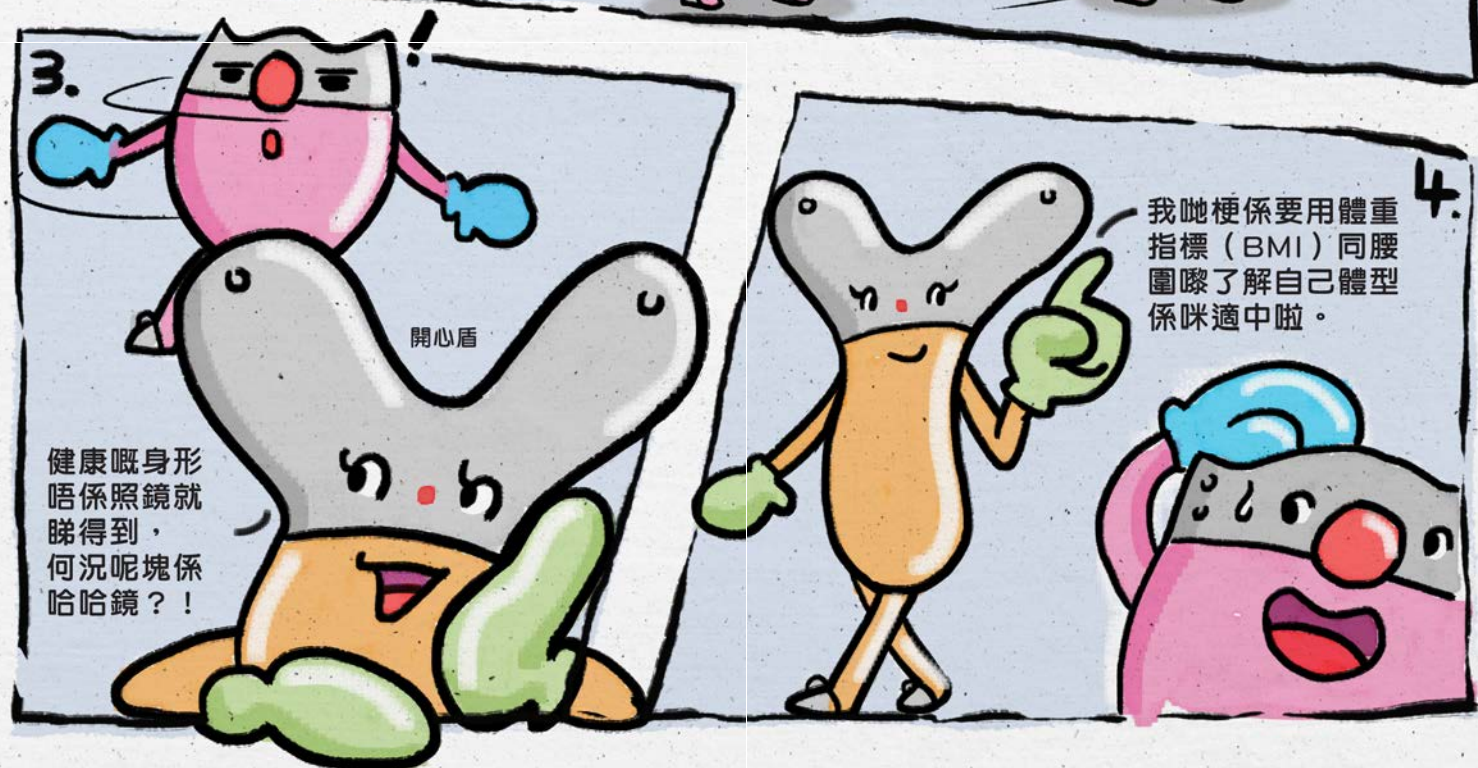
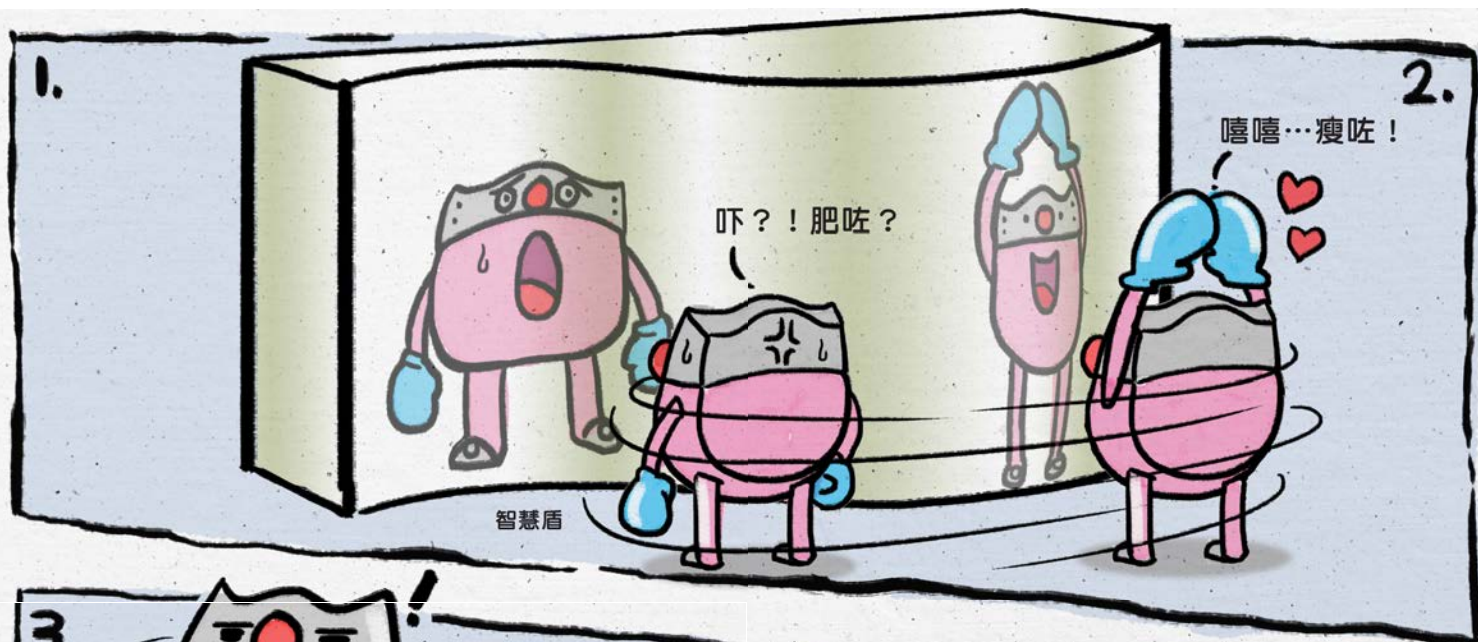






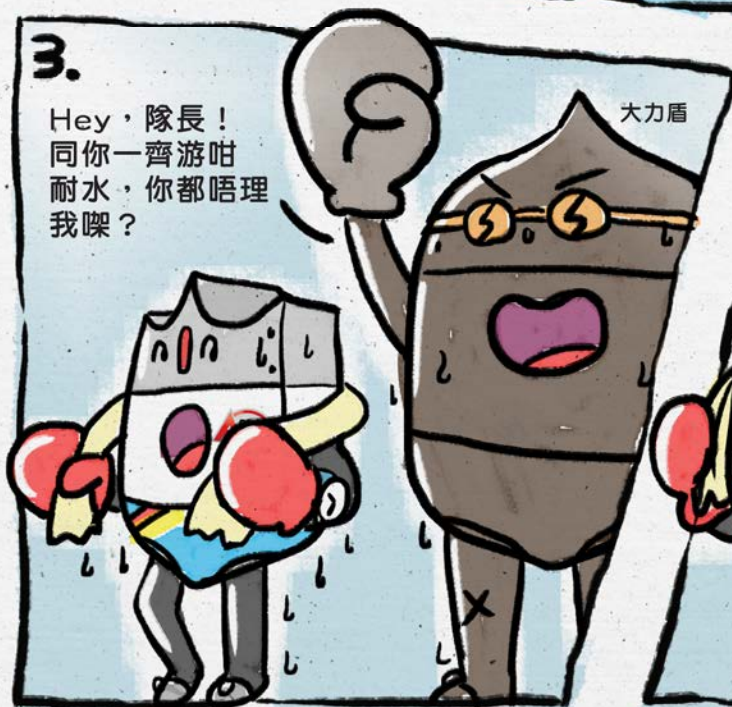
眼睛想休息







一早知你係大力盾啦！



糰的熱量

1.

今日，我會教
大家製作健康糰！

開心盾

材料唔用肥豬肉同鹹蛋黃，
用瘦肉、冬菇同綠豆取代，
咁就低脂低熱量啦！

2.

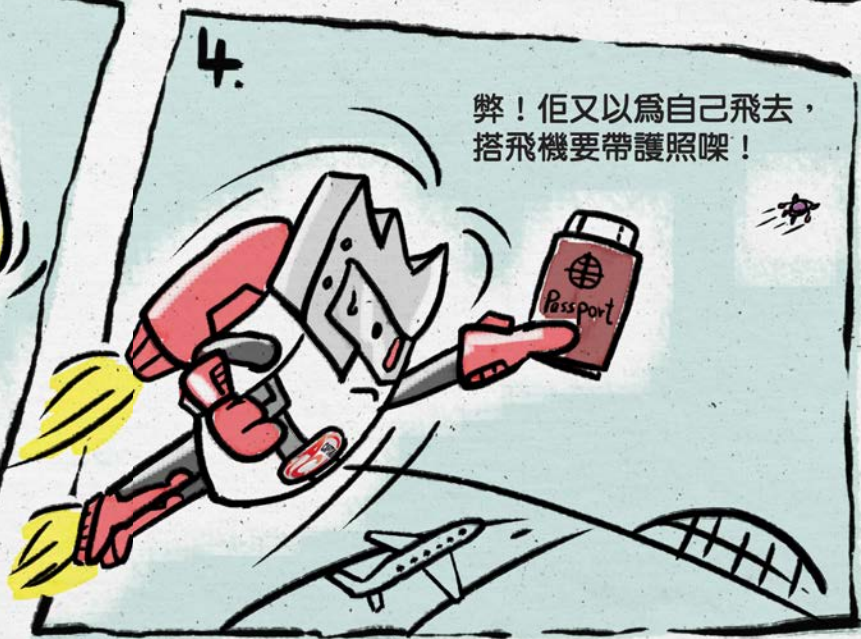
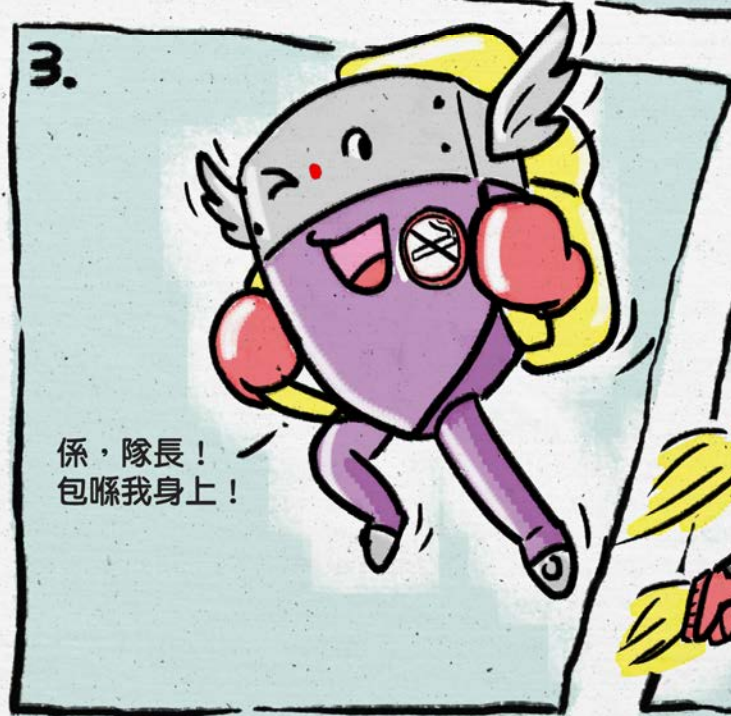
果然夠晒健康！不過...
點解你用緊嗰支攪拌
棒咁熟口面嘅？

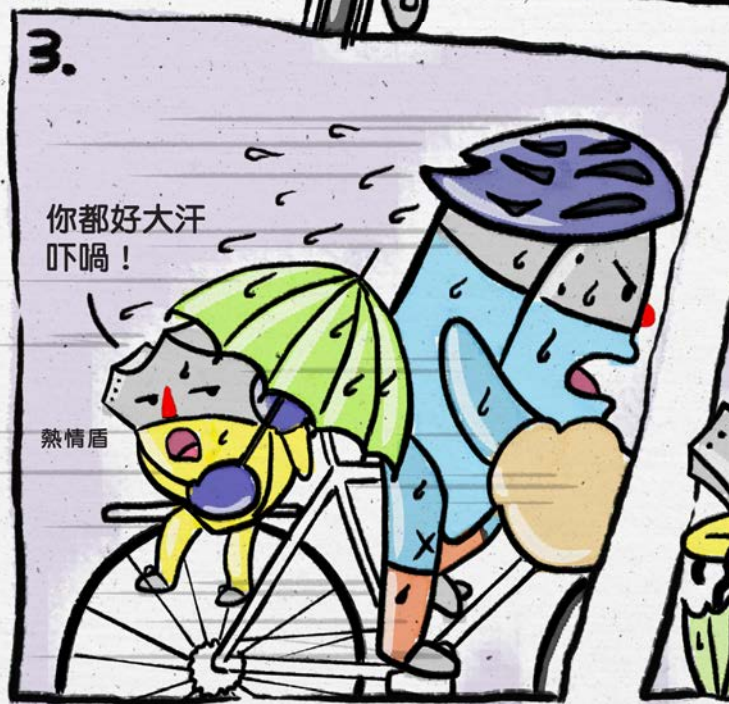
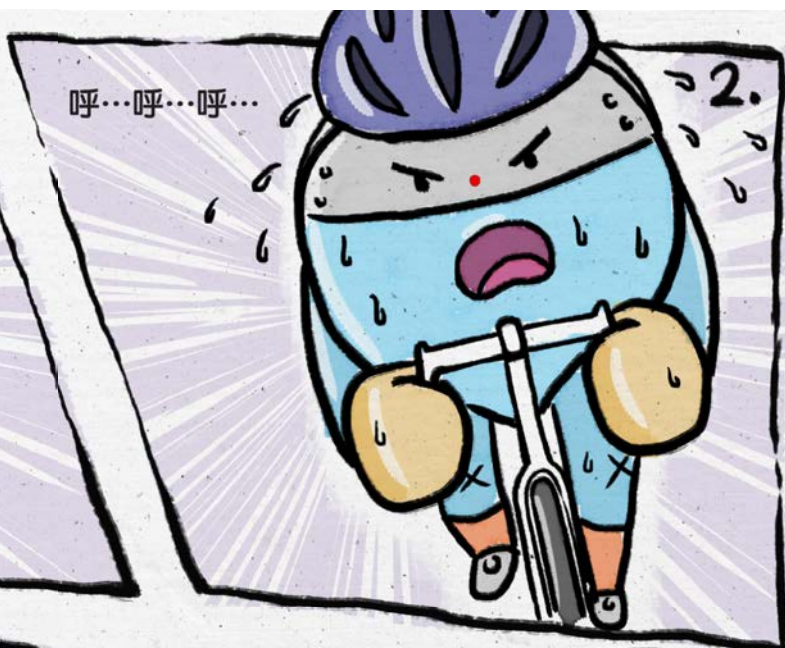
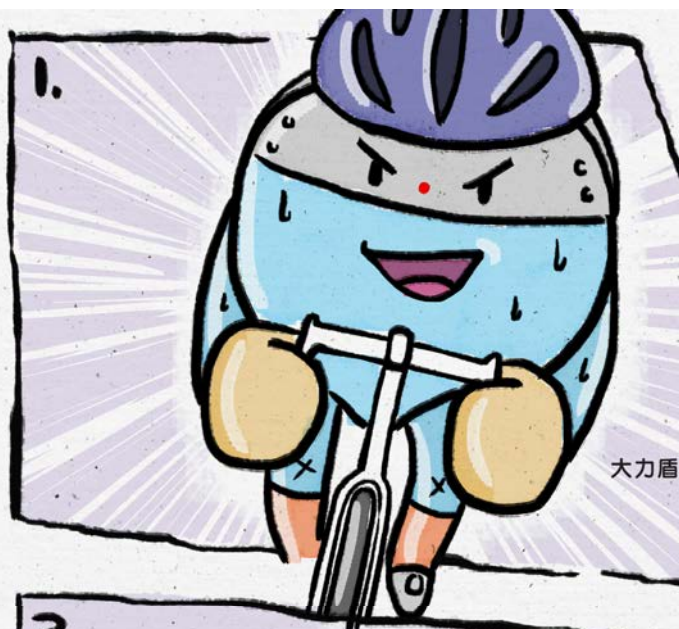
衛博士

3.

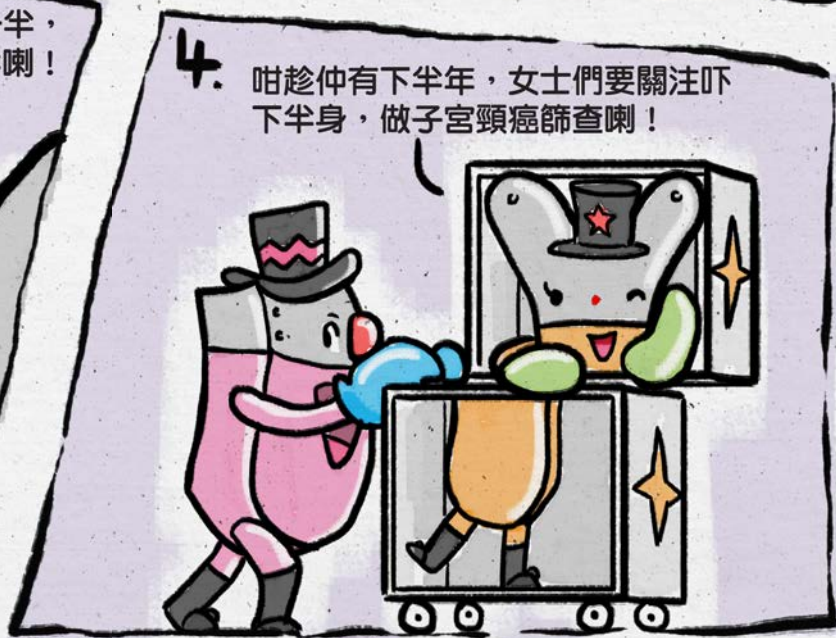
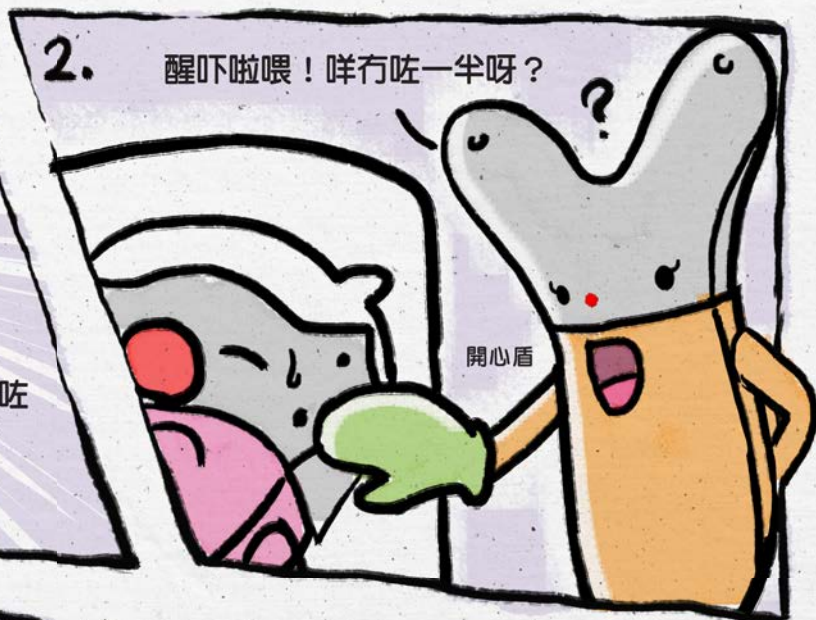
呢支係我家傳之寶
嘅龍舟槳㗎!!!

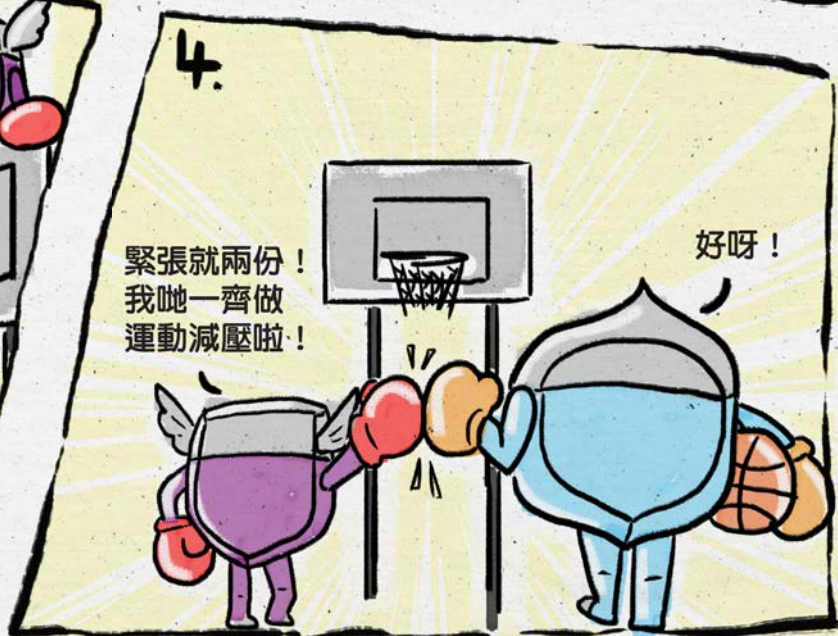
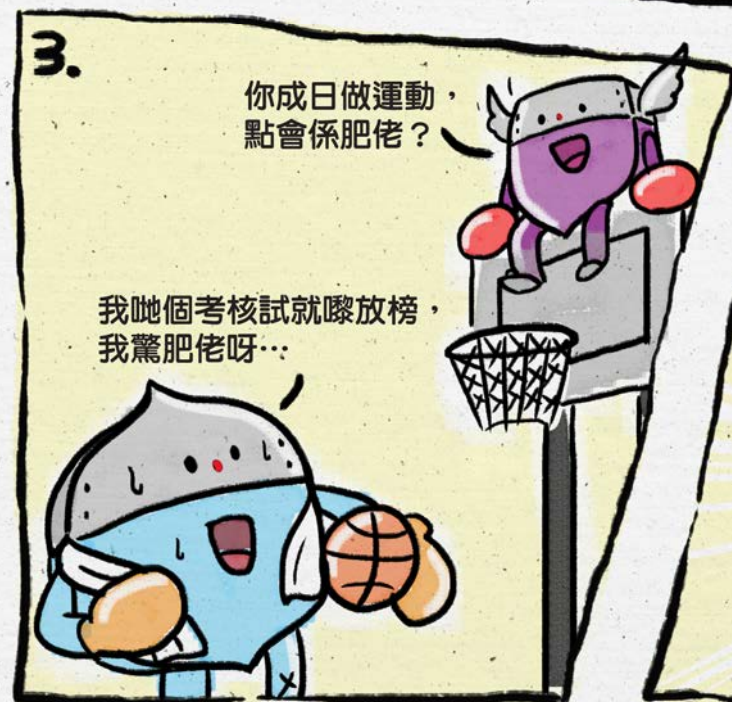
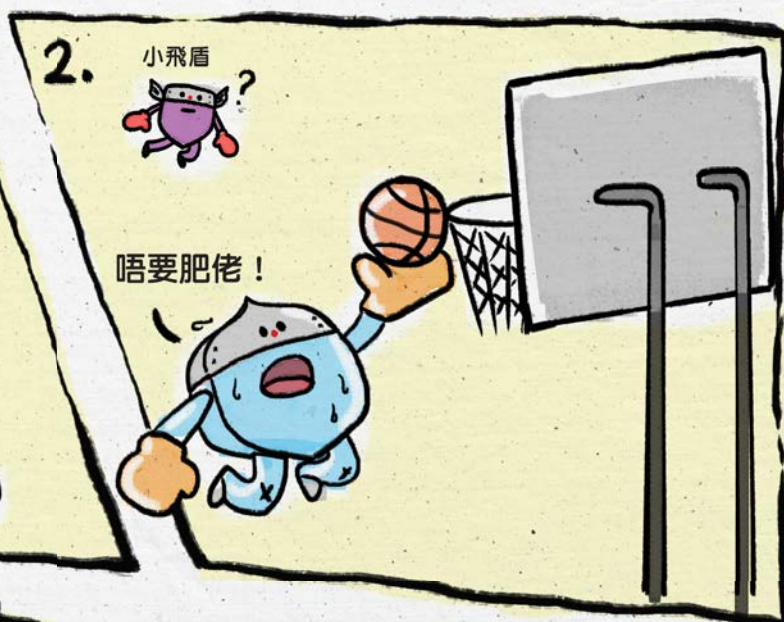
我要飛啦！

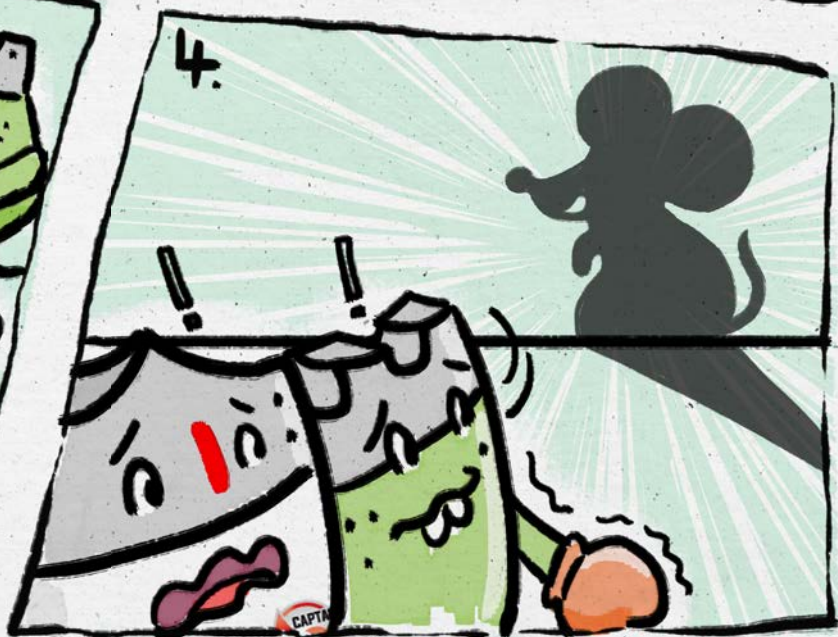




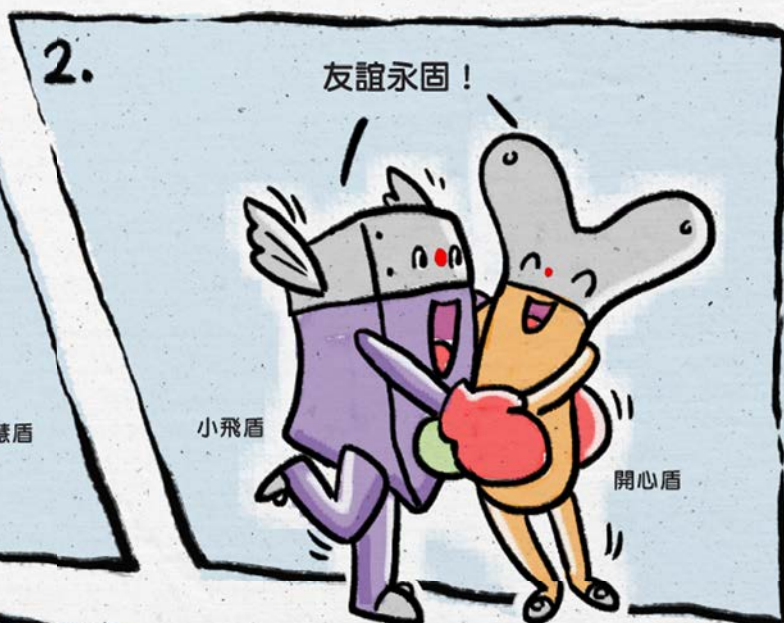
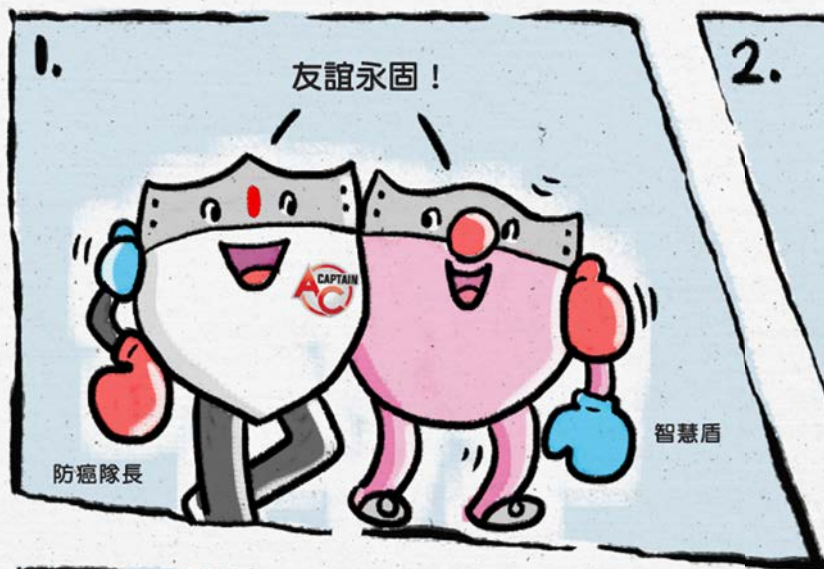
冇咗一半







友誼永固



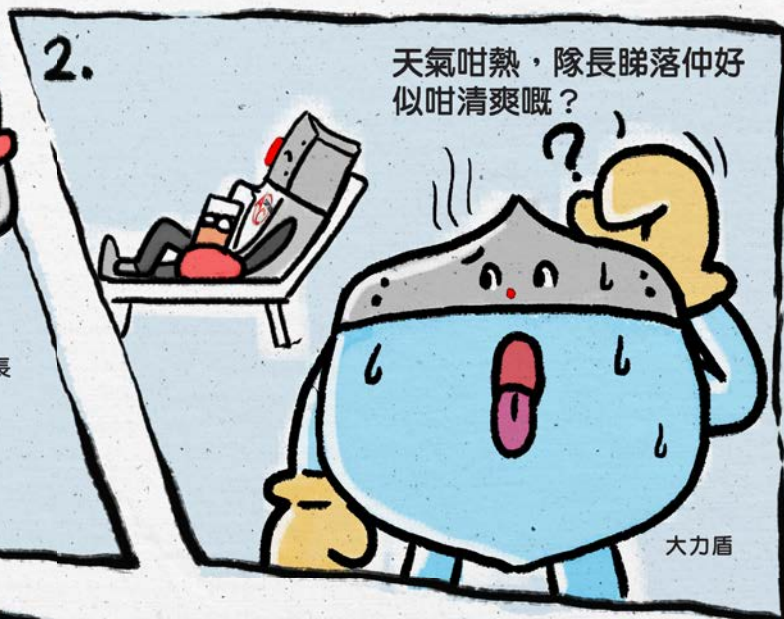
消暑妙法

1. 炎炎夏日



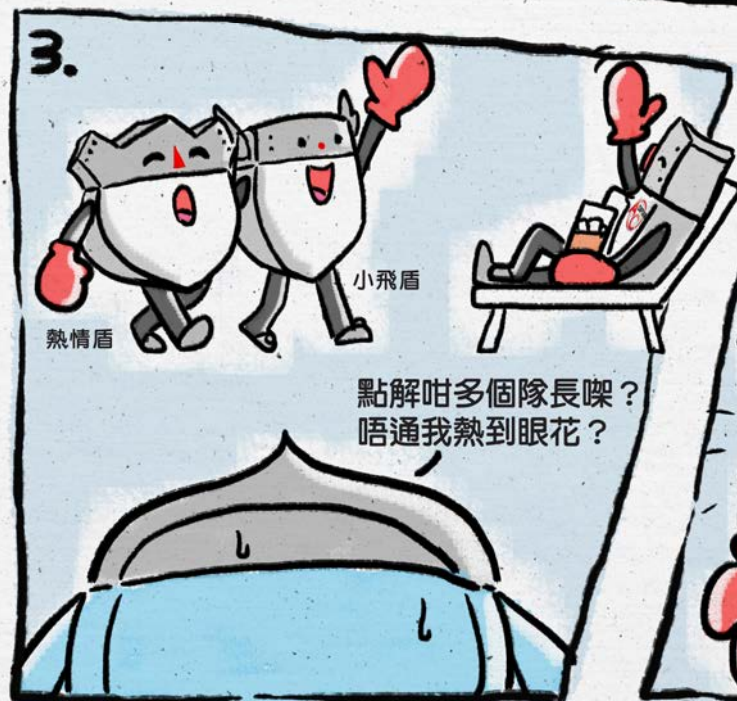
2.

天氣咁熱，隊長睇落仲好似咁清爽嘅？

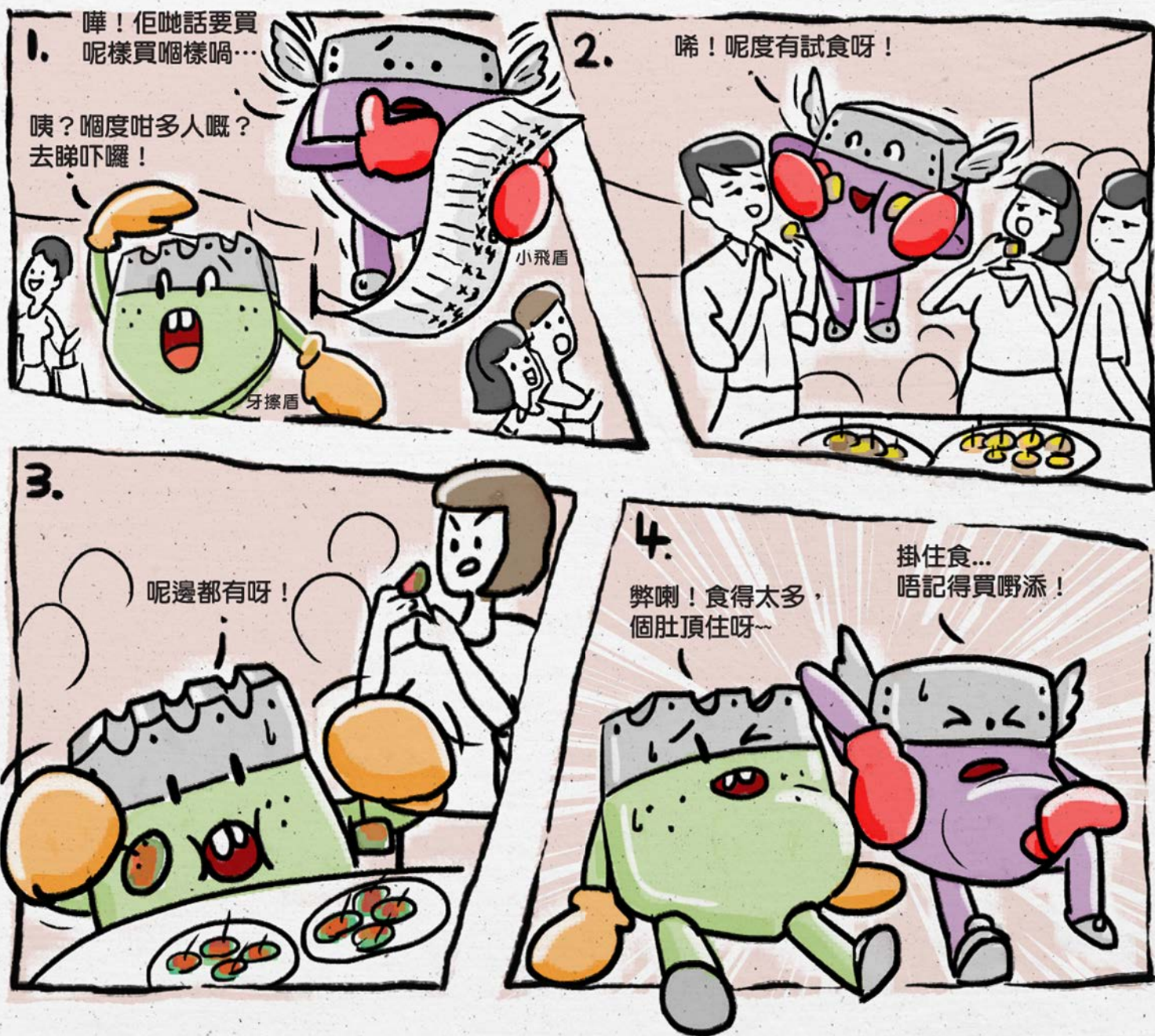


3.

天時暑熱，我哋發現學隊長咁着白色衫同防曬手袖，就係最好嘅消暑妙法喇！



多吃壞肚皮



暑假快完了

1. 8月28日

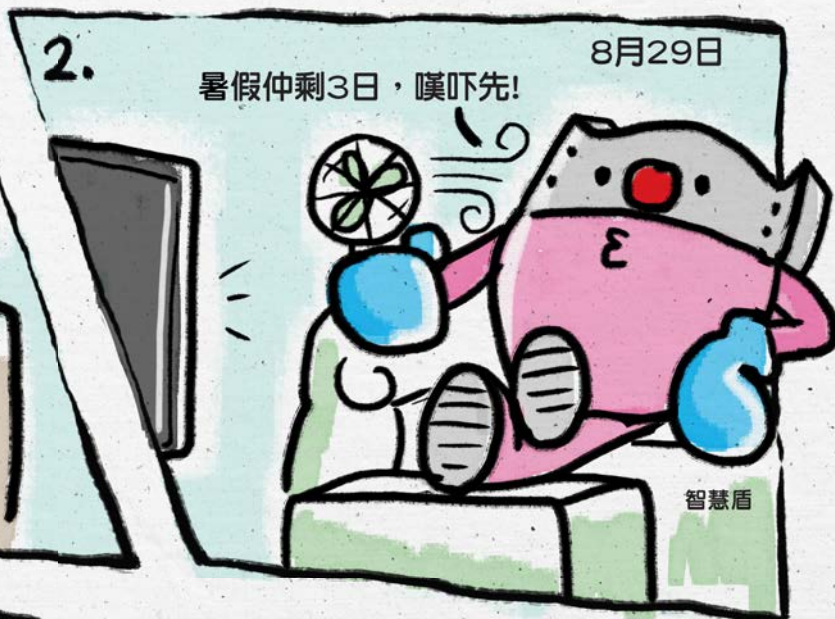
暑假仲剩4日，瞓吓先！



2.

暑假仲剩3日，嘆吓先！

8月29日



3.

8月30日



暑假仲剩2日咋！

Hea埋今日先啦！

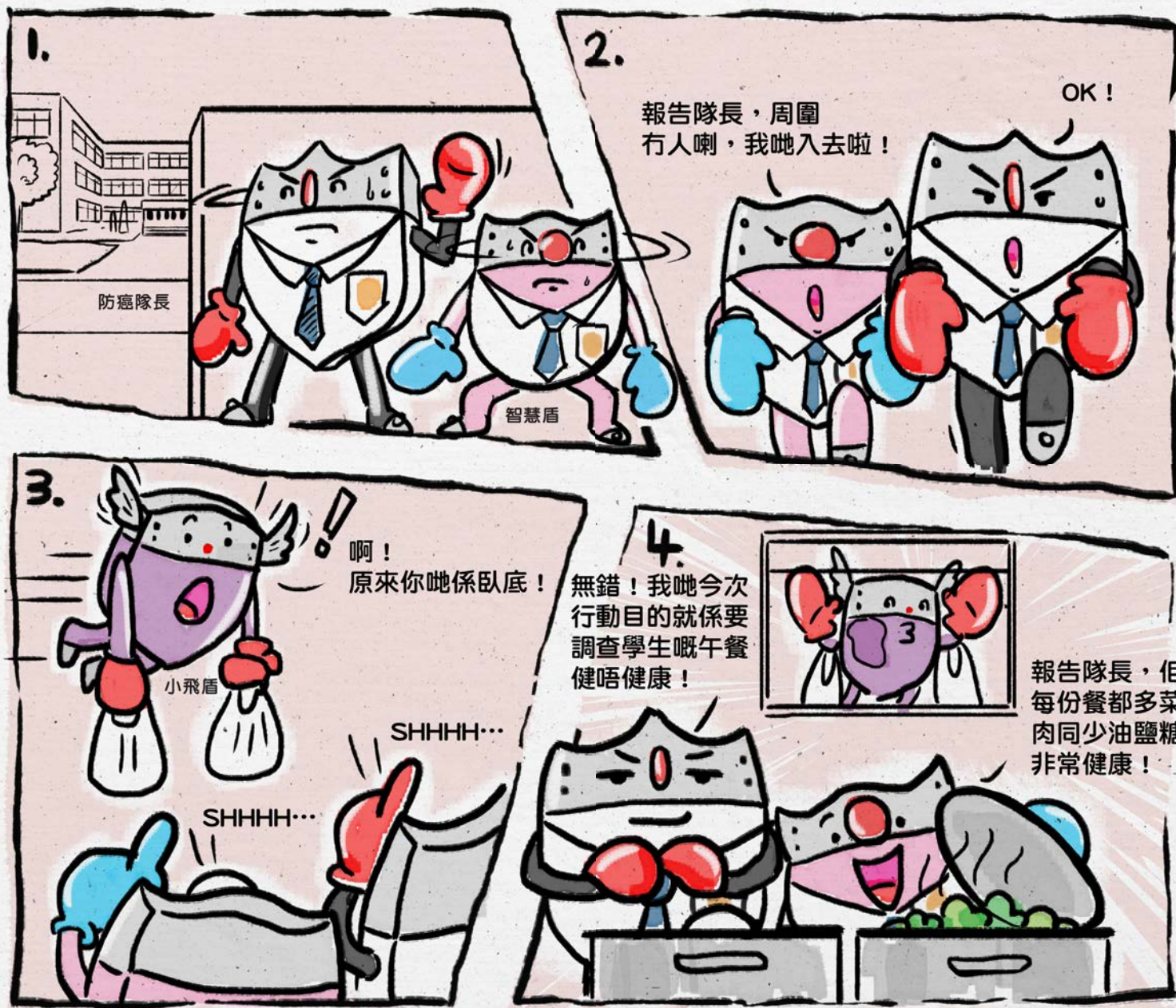


4.

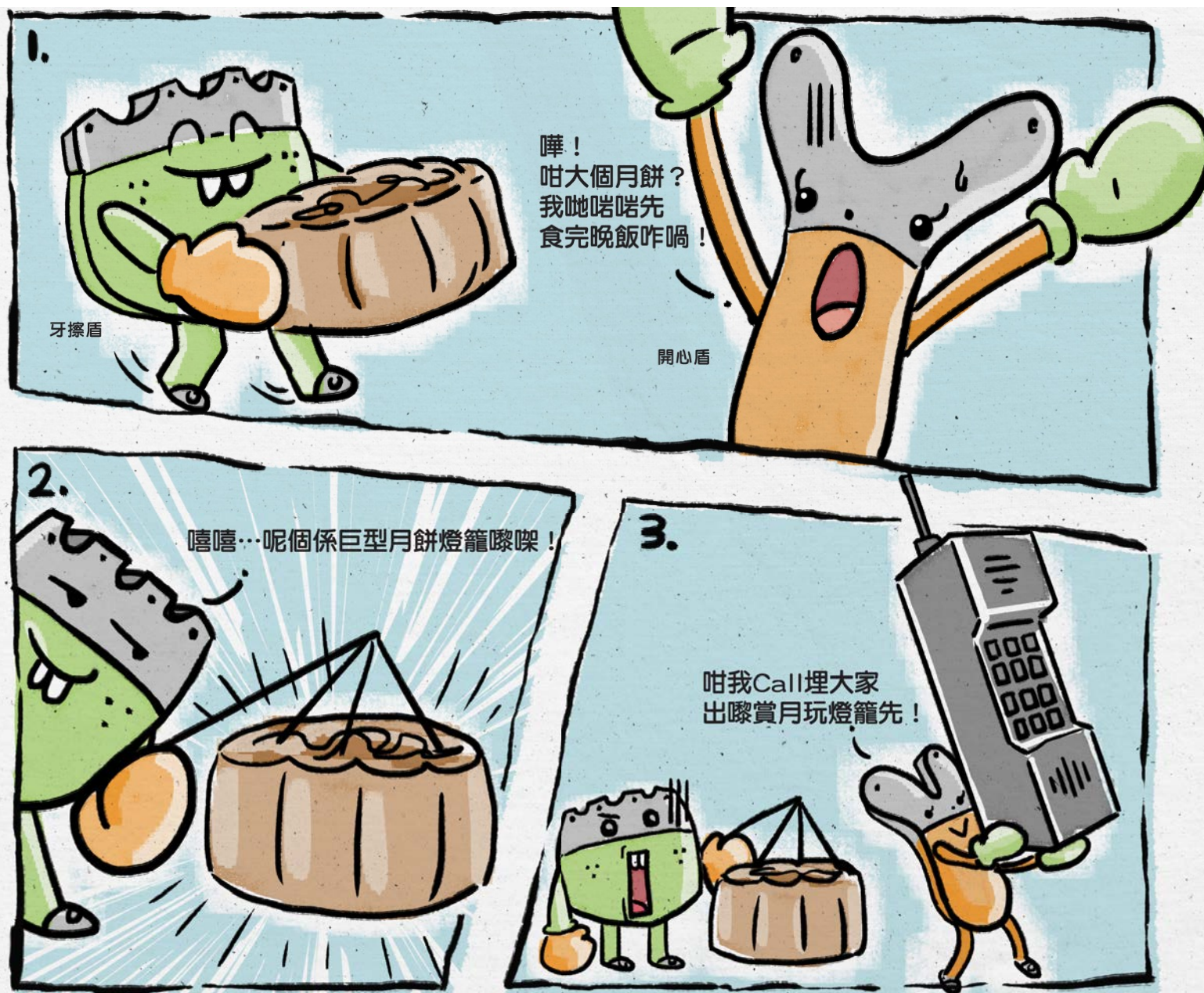
8月31日

暑假最後1日
喇，你哋好似
仲有好多工作
未做過？！





中秋節鬥大



打風做什麼？

1. 呢排成日打風要留响屋企，
不如跟我做吓颱風操！

大力盾

熱情盾

2.

T₁

3.

8

4.

唔好再匿埋後面學喇，
而家似係你啲手脚
打風多啲。哈哈~

洗手!洗手!洗手!



早餐的選擇

1. 伙記，唔該兩份早餐A
要腸仔、火腿、米粉！

冇腸仔、
冇火腿㗎！



2.

冇五香肉丁㗎！

咁有冇五香肉丁？



3.

咁有冇
午餐肉？

冇午餐肉呀！
乜你哋真係咁鍾意
食醃製肉類咩？



4.

早餐都係揀健康啲嘅番茄
生菜雞肉三文治、牛奶
麥皮同雞蛋啦！

間中食吓都得㗎...



粉紅萬聖節

