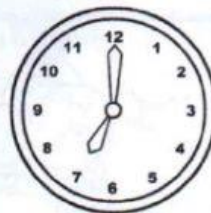
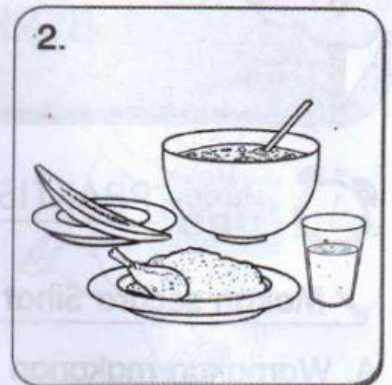
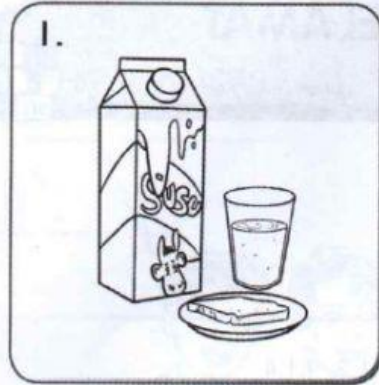


Hari: Tarikh:

B. Pilih menu dan suaikan dengan waktu makan. SP9.1.3, 9.1.4



7.00 pagi



8.00 malam



12.00 tengah hari



4.00 petang

