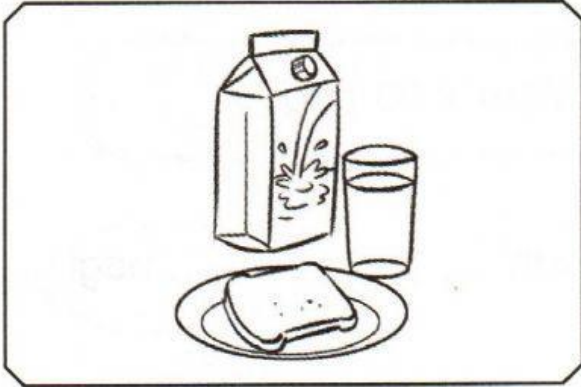


PBD PATUHI WAKTU MAKAN

Padankan makanan yang sesuai diambil mengikut waktu makan.

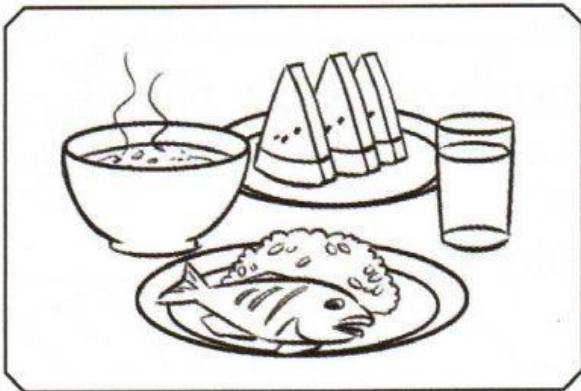
SP8.1.1

1.



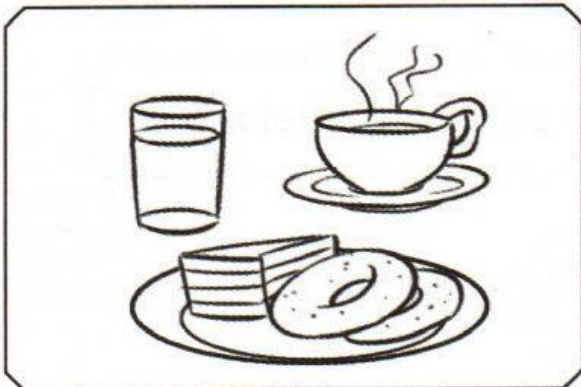
Makan malam

2.



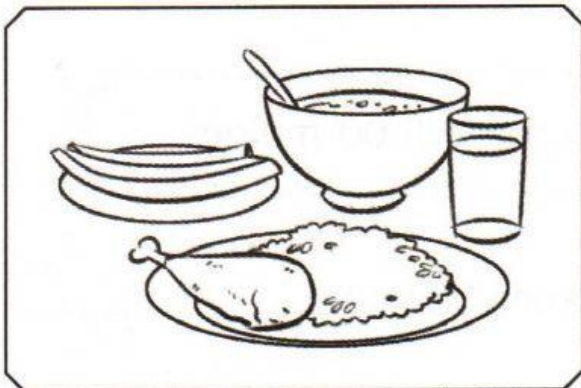
Minum petang

3.



Sarapan pagi

4.



Makan tengah hari