

2023-2024年度

2024「開心『果』月」通告

敬啟者：本校已參加由衛生署舉辦的 2024「開心『果』月」活動（有關詳情可瀏覽 <https://school.eatsmart.gov.hk> 網頁）。本校每年 4 月均會舉辦開心果活動，旨在通過家校合作，為學生營造進食水果的環境，幫助他們培養每天吃充足水果的習慣，提高學生進食水果的興趣。所以我們鼓勵全校師生於 2024 年 4 月份一起進食水果，請家長鼓勵子女積極參與這項活動。茲將注意事項詳列於後，敬希垂注。請家長於 2024 年 4 月 5 日（星期五）或之前簽妥回條。如有任何查詢，請與彭雪瑩主任聯絡（2711 1013）。

* 「開心『果』月」活動詳情 *

目的：此活動旨在促進家校合作，在校園和家庭營造有利於每天進食水果的環境和氣氛。

日期：2024 年 4 月 1 日（星期一）至 4 月 30 日（星期日）

活動詳情：

全校活動	對象	注意事項
龍虎榜大比拼 (全校參加)	學生	於課室內張貼「開心果月龍虎榜」，學生每天自行紀錄。讓統計大家每天在家或在校進食水果的情況。
水果漫畫 及 水果常識挑戰站 (自由參與)		從有趣的漫畫中，認識一般水果的營養素、建議進食分量、水果主要的六大類別及結構，了解後可挑戰自己，測試自己對水果有多認識。 水果漫畫： https://school.eatsmart.gov.hk/b5/content_joyful.aspx?id=6324 水果常識挑戰站： https://school.eatsmart.gov.hk/b5/quiz_main.aspx
水果營養資訊 及 齊帶水果上學 去至「營」貼 士	家長	讓家長了解各類水果營養資訊外，亦給予家長帶水果上學的小貼士，使大家了解當中的好處。 水果營養資訊： https://school.eatsmart.gov.hk/b5/content_joyful.aspx?id=6322 齊帶水果上學去至「營」貼士：見附件



此致

貴家長

你們的校長：  謹啟

(吳麗霞)

二零二四年三月廿二日



致家長
To Parents

齊帶水果上學去

至「營」貼士

Tips on Bringing Fruit to School



均衡飲食加上進食足夠蔬果對健康有益，因此六至十二歲的學生每天應進食最少兩份水果。學生白天上學，下課後要在僅餘的時間內吃下兩份水果實在不容易。要確保孩子每天進食足夠水果，最好的方法就是安排他們帶水果上學！以下是給家長的一些貼士：

Having an adequate amount of fruit and vegetables as part of a balanced diet is good for health. Therefore, children aged six to twelve are recommended to have **at least two servings of fruit** every day. As children have to go to school during the daytime, it's not easy for them to eat two servings of fruit during the remaining time of the day. To ensure that children eat sufficient fruit every day, the best way is to ask them to bring fruit to school. Here are some tips for parents:



帶水果上學的好處

The Advantage of Bringing Fruit to School

水果可以取代不健康的小食。
Fruit can replace unhealthy snacks.



讓孩子訓練自理能力。
Children can train self-care skills.



連皮進食水果可增加膳食纖維的攝取，並加強咀嚼能力。
Eating fruit with skin can increase dietary fibre intake and strengthen the chewing ability.



原個水果 天天吃

Eat a Whole Fruit Every Day

在水龍頭下沖洗水果，抹乾後放進清潔乾爽的食物儲存盒或儲存袋。
Wash fruit under a running tap, wipe dry and pack into clean and dry food storage boxes/bags.

保鮮期較短的水果（如士多啤梨、藍莓）經沖洗便較易變壞，所以要存放於雪櫃內，進食前一刻才清洗。
Some fruits such as strawberries and blueberries have a shorter shelf life and go bad more easily after being rinsed. They should be kept in the fridge and only be washed shortly before you eat them.






乾果 Dried Fruit

-  例子：提子乾、藍莓乾、無花果乾、杏脯、西梅乾、士多啤梨乾、奇異果乾。
Examples: Raisins, dried blueberries, dried figs, dried apricots, dried prunes, dried strawberries, dried kiwi fruit
-  膳食纖維含量與新鮮水果相若，但經乾燥程序後，維生素C會有所流失。
The dietary fibre content of dried fruit is similar to that of fresh fruit. However, there will be loss of vitamin C during the drying process.
-  選擇沒有添加糖或鹽的乾果。
Choose **dried fruit without added sugar or salt**.







已切開或削皮的水果 Cut/Diced/Peeled Fruit

-  切水果或削皮時要注意清潔衛生。
Observe hygiene when cutting or peeling fruit.
-  可灑上檸檬汁以避免果肉因氧化而變色。
Sprinkle lemon juice on fruit to prevent discolouration due to oxidation.
-  切開或削皮後必須於四小時內進食，否則便要丟棄。
Fruit should be **eaten within four hours** after cutting or peeling, or else discarded.



家長如何幫助孩子養成每天吃水果的習慣？ How can parents help children develop the habit of eating fruit every day?

-  帶同孩子選購喜愛的水果。
Buy children's favourite fruit with them.
-  營造愉快氣氛，與孩子一起享用水果。
Create a happy atmosphere when eating fruit with your children.
-  選購多種類水果。
Buy a wide variety of fruit.
-  讓孩子一起準備帶回學校吃的水果。
Get children involved in preparing fruit for them to bring to school.