

The Amazing Journey of Water Elves

水精靈 遊歷記





給家長和老師的話

「幼營喜動系列」故事圖書是衛生署「幼營喜動校園」計劃的其中一套健康教育刊物。首兩冊《蔬菜小超人任務》及《特特奇遇記》早前已經面世。最新一期《水精靈遊歷記》現隆重登場！

水佔幼兒體重超過六成，能幫助維持身體的正常運作，對幼兒十分重要。為幼兒健康着想，家長應鼓勵他們多喝水。本冊故事圖書《水精靈遊歷記》以此為主題，希望通過主角「吳偏食」和水精靈的巡邏經歷，向幼兒介紹喝水的益處和其他健康飲品的種類。

希望大家細心閱讀本故事書的內容，鼓勵幼兒多喝水、少喝高糖分的飲品。讓我們一起為幼兒的健康努力。

編者

二零一四年十二月

To Parents and Teachers

The "StartSmart Series" is one of the health education material sets under the "StartSmart@school.hk" Campaign of the Department of Health. The first two storybooks – entitled *Vegetable Superkids' Mission* and *The Adventures of Teddy* – were published previously, and a new one entitled *The Amazing Journey of Water Elves* is now available.

Water is essential to children, as 60% of a child's weight is composed of water, which helps maintain normal body functions. Thus, parents should encourage their children to drink more water for better health. This is also the theme of this storybook; through the adventures of "EatSmart Doggy" and Water Elves, we hope children can understand the benefits of drinking water and learn more about healthy drinks.

We hope that you will read this storybook carefully and then encourage our children to drink more water and cut down on sugary drinks. Let's work together for our children's health.

Editor

December 2014

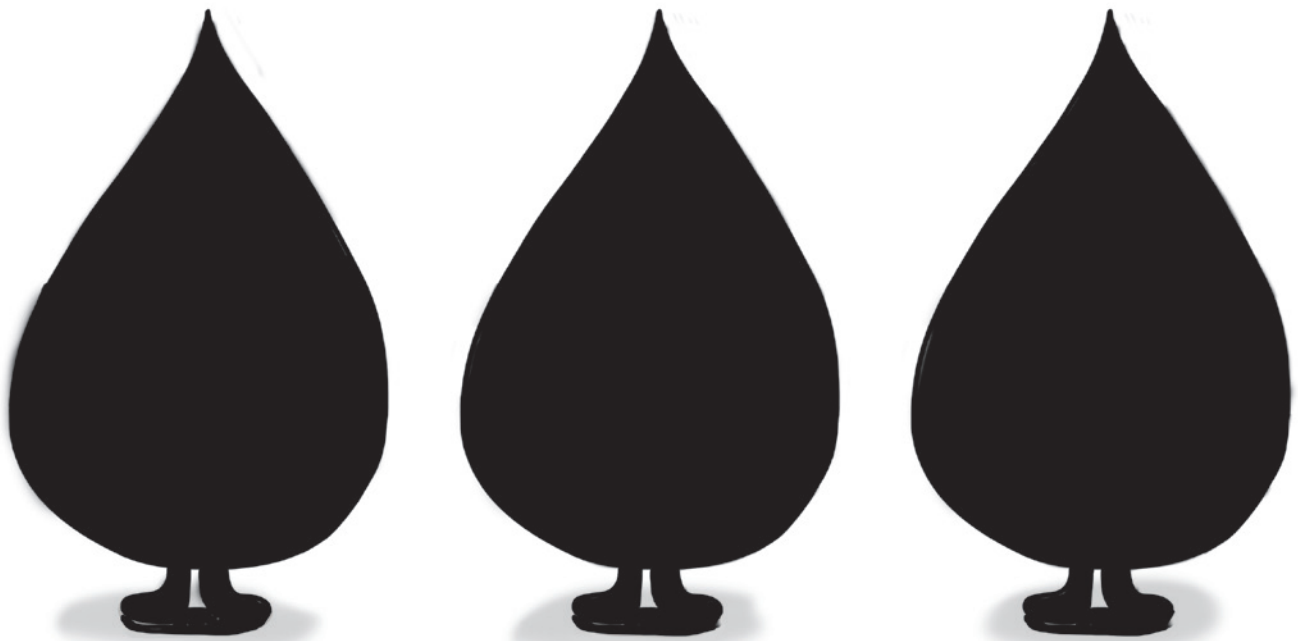


小朋友你好，我叫吳偏食。
我是健康超人啊！




Hi Kids, my name is EatSmart Doggy.
I am a Healthy Superman!

請猜猜，是誰來了探訪你們？



Can you guess who have come to visit you?



對了，他們是水精靈。
你們知道嗎，
水佔了我們身體體重六成以上呢！

Yes, they are Water Elves.
Kids, do you know that more than 60% of our body
weight is made up of water?

各位水精靈，我們一起去巡邏，
看看有沒有小朋友需要幫忙吧！



Water Elves, let's go on patrol and see
if there are any children who need help!

小惠：「哎呀，我感到很口乾啊！」



Grace says, "Oh, I am very thirsty!"



不要緊，只要多喝水，便可解決這個問題了。

Don't worry, drink more water and you will be better.

清水對身體十分重要。
喝水不足，可能會引起口乾。



Water is very important to your body.
If you don't drink enough water, you will become thirsty.

很好，我們再去巡邏，
看看有沒有其他小朋友需要幫忙吧！



Great! Let's go on patrol again and see
if there are any more children who need help!

恆恆：「嗚嗚，我大便時很辛苦啊！」



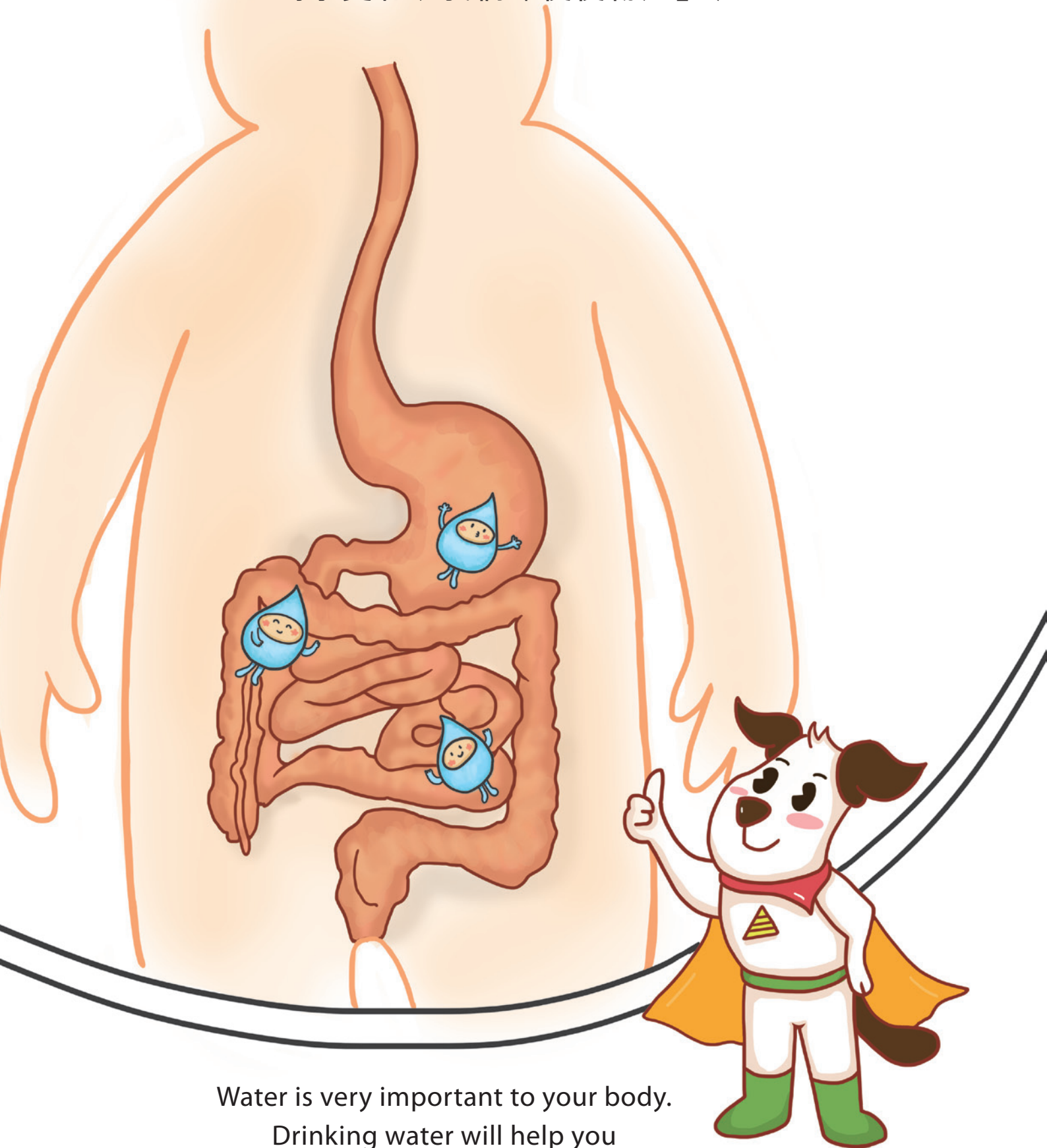
Henry says, "Oh no, I am having difficulty pooing!"



不要緊，只要多喝水，便可解決這個問題了！

Don't worry, drink more water and you will be better!

清水對身體十分重要。
喝水更有助我們「便便暢通」呢！



Water is very important to your body.
Drinking water will help you
poo more easily!

很好，我們再去巡邏，
看看還有沒有其他小朋友需要幫忙吧！



Great! Let's go on patrol again and see if there
are any more children who need help!

小朋友們說：
「我們運動後流了很多汗，
現在覺得很熱。」



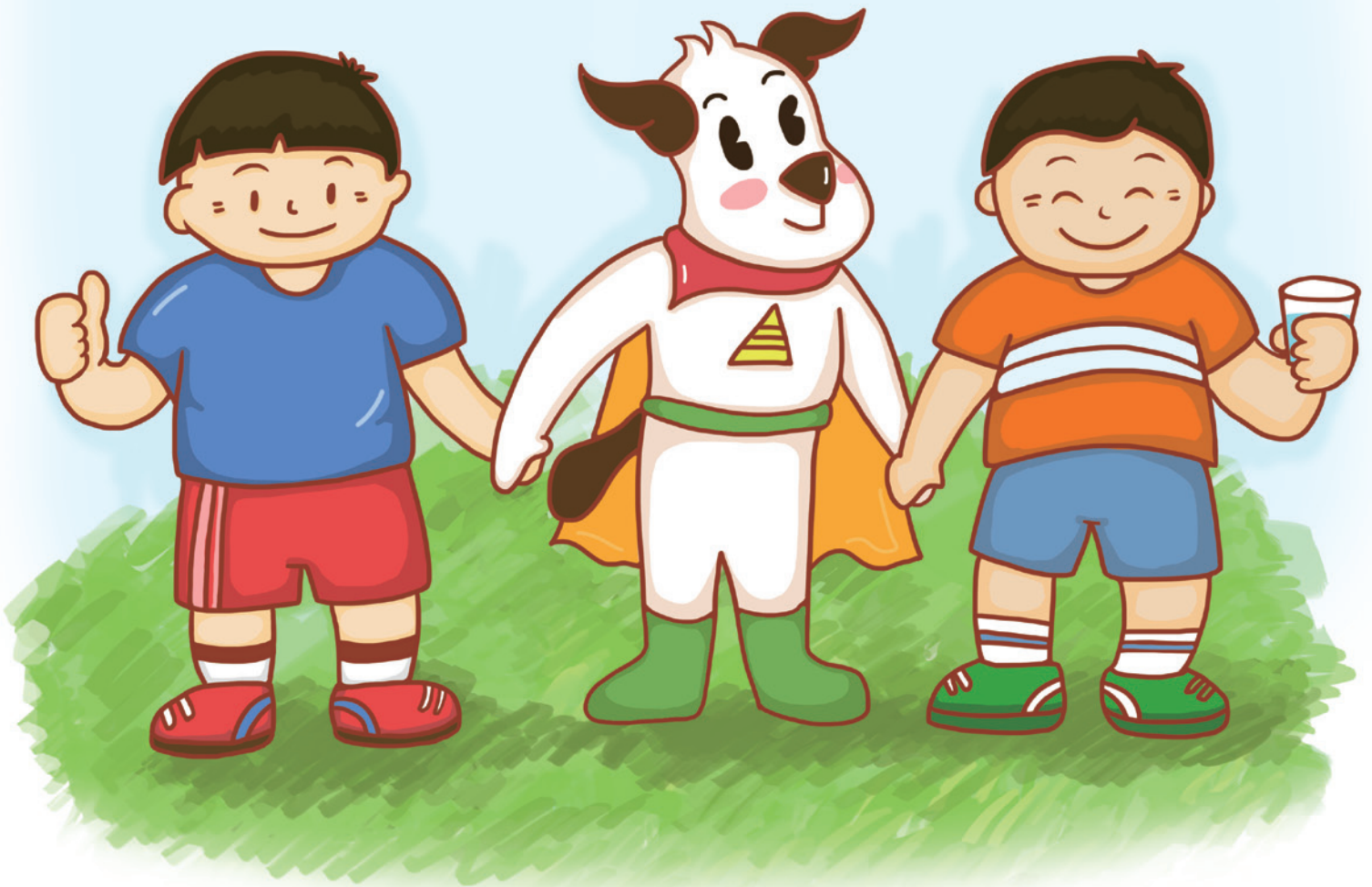
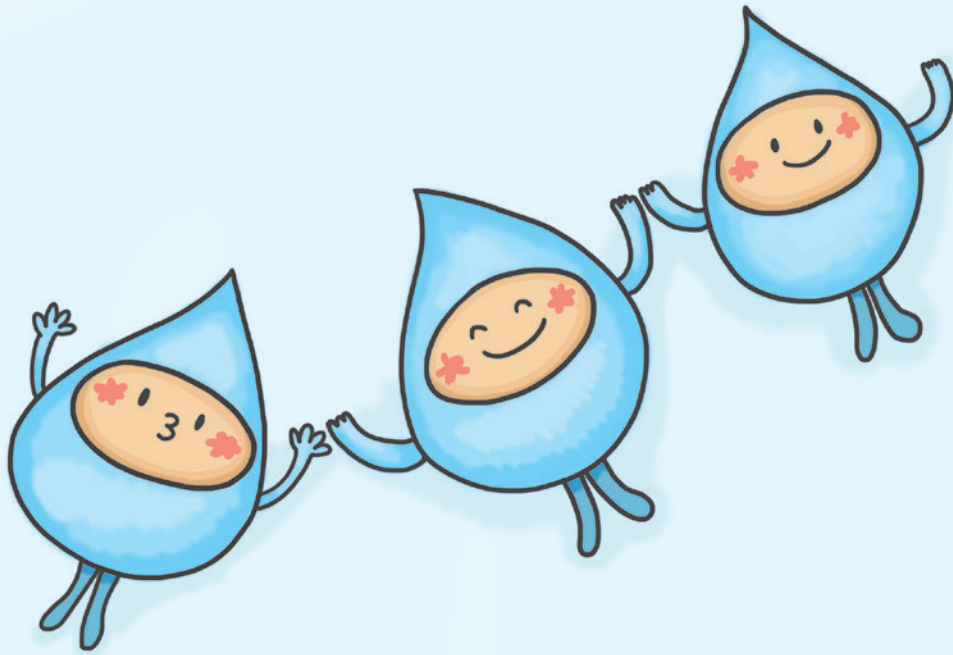
The children say, "We sweated a lot after exercising, and now we feel very hot."

不要怕，只要多喝水，
便可解決這個問題了！



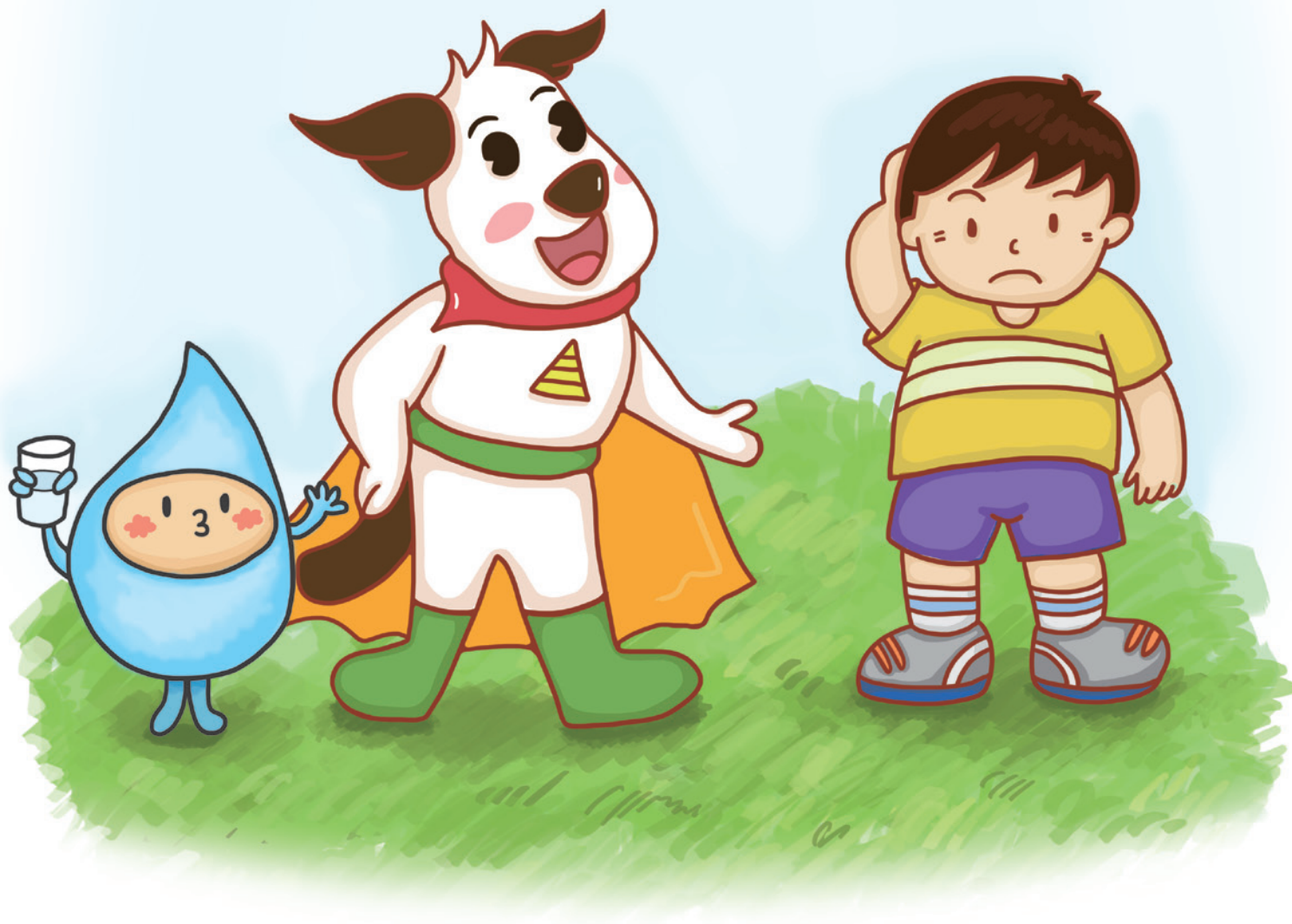
Don't worry, drink more water
and you'll get better!

清水對身體十分重要。
喝水有助調節體溫，預防中暑。



Water is very important to your body.
It helps regulate your body temperature and
helps prevent heatstroke.

啊！我們不如一起喝點水吧。
你知道我們每天要喝多少杯水嗎？



Well! Let's drink some water.
Do you know how many glasses of water
we need to drink every day?

對了，幼兒平均每天需要四至五杯飲品；
至於喝什麼，最好當然是清水吧！



You are right!
On average, young children need to drink
4 to 5 glasses of fluid every day,
and water is the best choice among all!

小朋友，還有什麼飲品是健康的呢？

Children, what other drinks are healthy?



對了，這些都是合適的選擇。

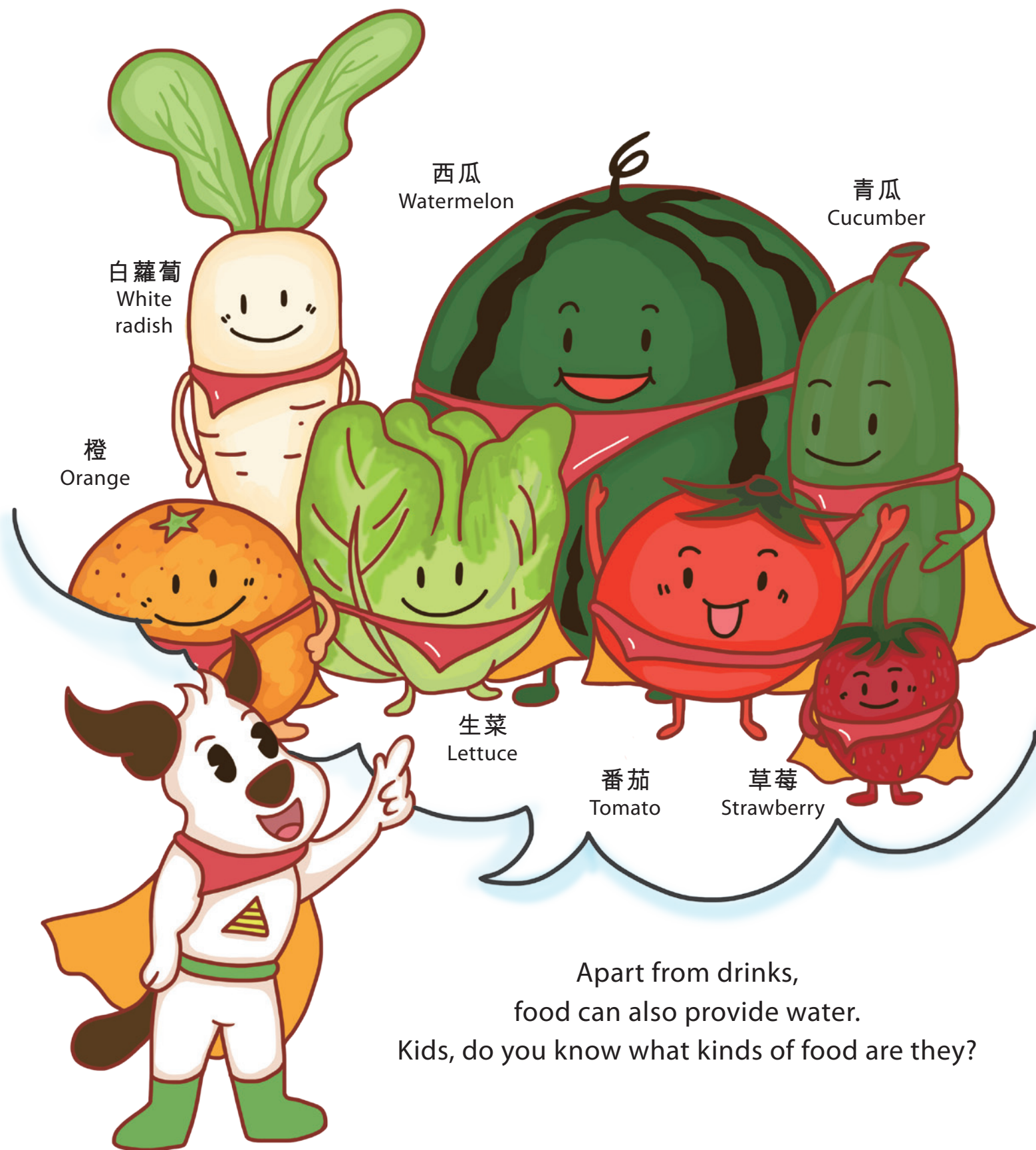
Yes, they are good choices.

知道喝水的重要後，怎樣才能增加喝水的機會呢？



As we know the importance of drinking water, how can we drink water more often?

除了飲品外，還有其他食物可以提供水分。
你知道是什麼嗎？



Apart from drinks,
food can also provide water.
Kids, do you know what kinds of food are they?

後記

對於幼兒來說，喝足夠的清水有助預防很多身體毛病，如便秘、喉嚨不適或中暑等。但清水沒有什麼味道，如何吸引幼兒去喝呢？事實上，要小朋友養成喝水的習慣，身為家長的必須多花心思。

幼兒愛水基本法：

- 一、由少量清水入手，持續提供清水給孩子，從而培養他們喝清水的習慣
- 二、可在水中加入一些水果片，例如檸檬片、蘋果片，為清淡的水增添一點味道
- 三、家長和老師可在孩子起床後、餐後、吃茶點時或活動後預備清水，以增加他們喝水的機會
- 四、減少給幼兒喝含糖的飲品
- 五、家長可於上課日或外出時，為孩子準備一個盛載清水的瓶子
- 六、以身作則，多喝清水

衛生署「幼營喜動校園」計劃專題網頁(<http://www.startsmart.gov.hk>) 已上載了相關的健康教育資訊，供家長和老師參考。

Epilogue

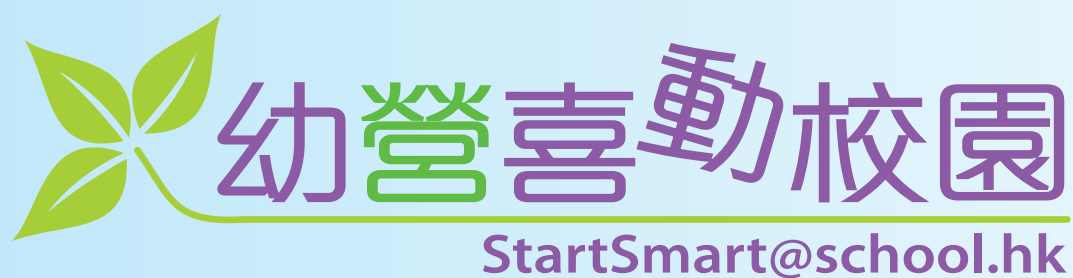
For children, adequate water intake can prevent health problems, such as constipation, throat discomfort and heatstroke. However, water is tasteless. How can we encourage our children to drink more? To achieve this, parents may have to pay extra efforts.

Basic tips to shape our children into water lovers:

1. Provide water to children regularly and start with a small amount. Keep offering water to them until drinking water becomes a habit.
2. Give water a little taste by adding slices of fruits such as lemon or apple into the water.
3. Offer water to children when they wake up in the morning, after each meal, during snack time or after any activity. This will increase their chances to drink water.
4. Cut down on children's sugary drinks intake.
5. Give your children a water bottle before they go to school or before they go out.
6. Be a role model yourself and drink water often.

For other related health education resources, please refer to the thematic website of the "StartSmart@school.hk" Campaign of the Department of Health (<http://www.startsmart.gov.hk>).





衛生署
Department of Health