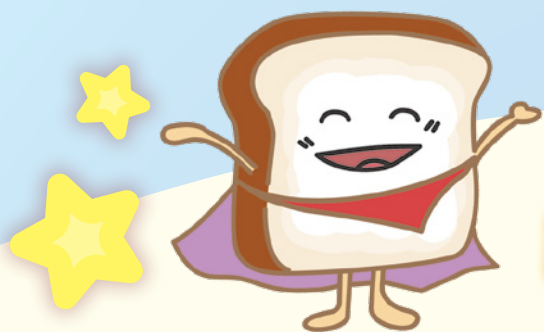


Let's Enjoy  
Healthy Snacks

健康小食  
齊齊享





## 給家長和老師的話



「幼營喜動系列」故事圖書乃衛生署「幼營喜動校園」計劃的健康教育刊物之一。目的是推動幼兒健康飲食。承接首兩冊健康刊物《蔬菜小超人任務》及《水精靈遊歷記》，最新一冊現已登場。

幼兒胃口較少，未必能從三餐正餐中攝取一天所需的全部營養，但進食過量小食卻會影響正餐胃口和增加蛀牙風險。故此，本署以「健康小食」為題出版此書，希望以生動的故事和可愛的角色，鼓勵幼兒適量和適當進食小食來補充身體所需。

衛生署健康飲食吉祥物「吳偏食」，會在故事中向幼兒介紹健康小食特工隊各成員，並提醒幼兒留意小食分量和進食時間。家長和老師不妨跟幼兒一同閱讀此書，讓幼兒跟故事主人樂樂共享愉快的學習時光。

編者

二零一五年十二月

## To Parents and Teachers

The "StartSmart Series" is one of the health educational materials under the "StartSmart@school.hk Campaign" of the Department of Health for promoting healthy diet among children. Following the first two storybooks entitled *Vegetable Superkids' Mission* and *The Amazing Journey of Water Elves*, a new one is now released.

Children generally have smaller appetite and therefore may not be able to absorb all the nutrients required each day in three main meals. However, eating too many snacks will affect their normal appetite and increase the risk of tooth decay. In view of this, our Department publishes this storybook under the theme of "Healthy snacks". Through vivid stories and lovely cartoon characters, we encourage our children to supplement their required nutrients with proper snacks in the right amount.

"EatSmart Doggie", the healthy eating mascot of the Department of Health, introduces to the children each member of the Healthy Snack Team and reminds them of the amount and timing for consuming snacks. Parents and teachers are advised to read this storybook together with their children, thereby providing them with a joyful learning experience with "Loky".

Editor

December, 2015



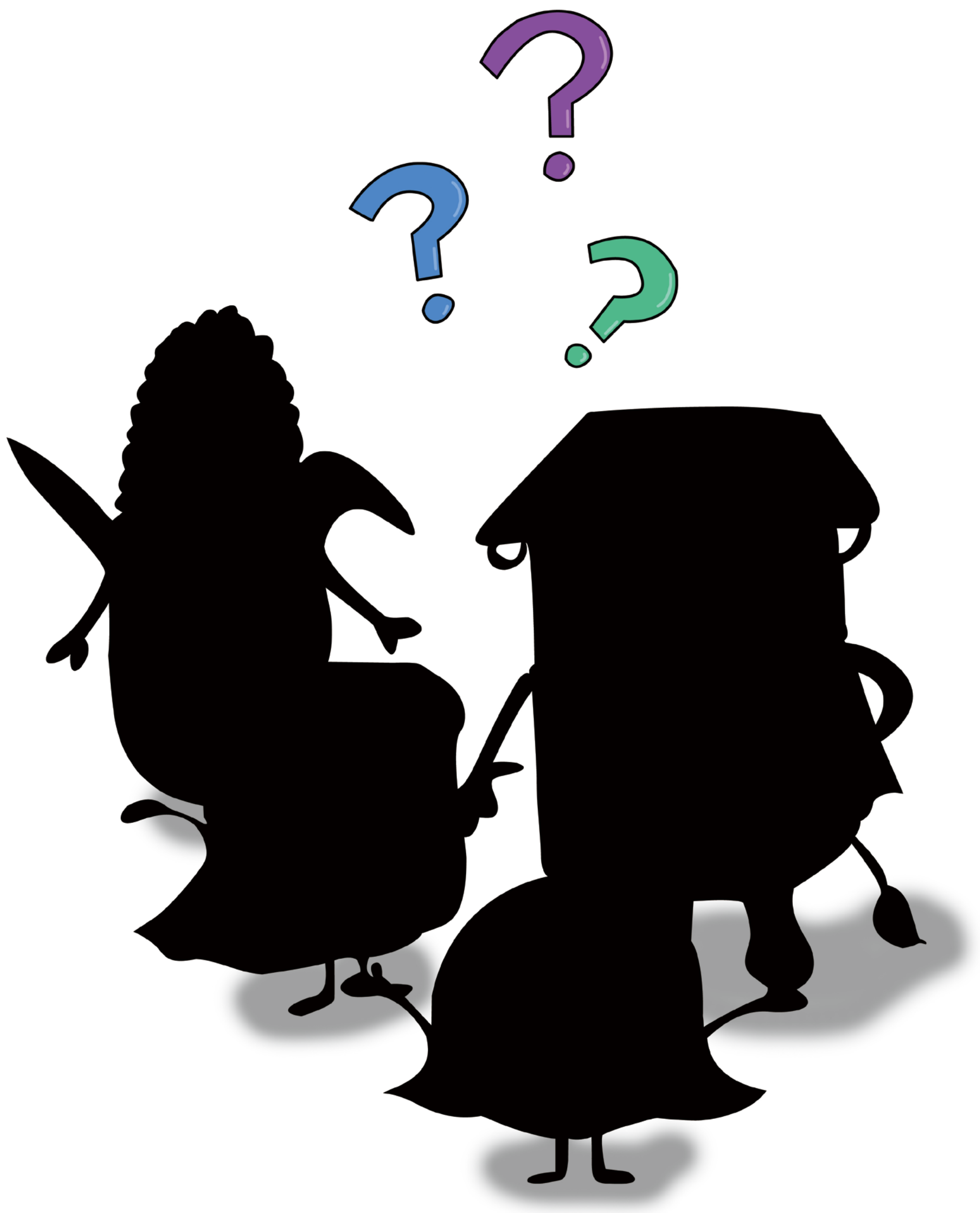


吳偏食說：「小朋友你好，我叫吳偏食。  
今天是健康小食特工隊大集合的日子啊！」



EatSmart Doggie says, "Hello kids, I am EatSmart Doggie.  
The Healthy Snack Special Agents are having a grand assembly today!"

吳偏食說：「請猜猜，除了蔬菜超人和水精靈外，  
這次我會介紹哪些朋友給你們認識呢？」



EatSmart Doggie says, "Besides Vegetable Superkids and Water Elves,  
I am going to introduce more friends to you this time. Guess who?"



吳偏食說：「對了，他們都是健康小食特工隊。」



EatSmart Doggie says,  
“Yes, they are the Healthy Snacks Special Agents.”

吳偏食說：「健康小食特工隊，我們馬上行動，  
去幫助小朋友建立良好的飲食習慣吧！」

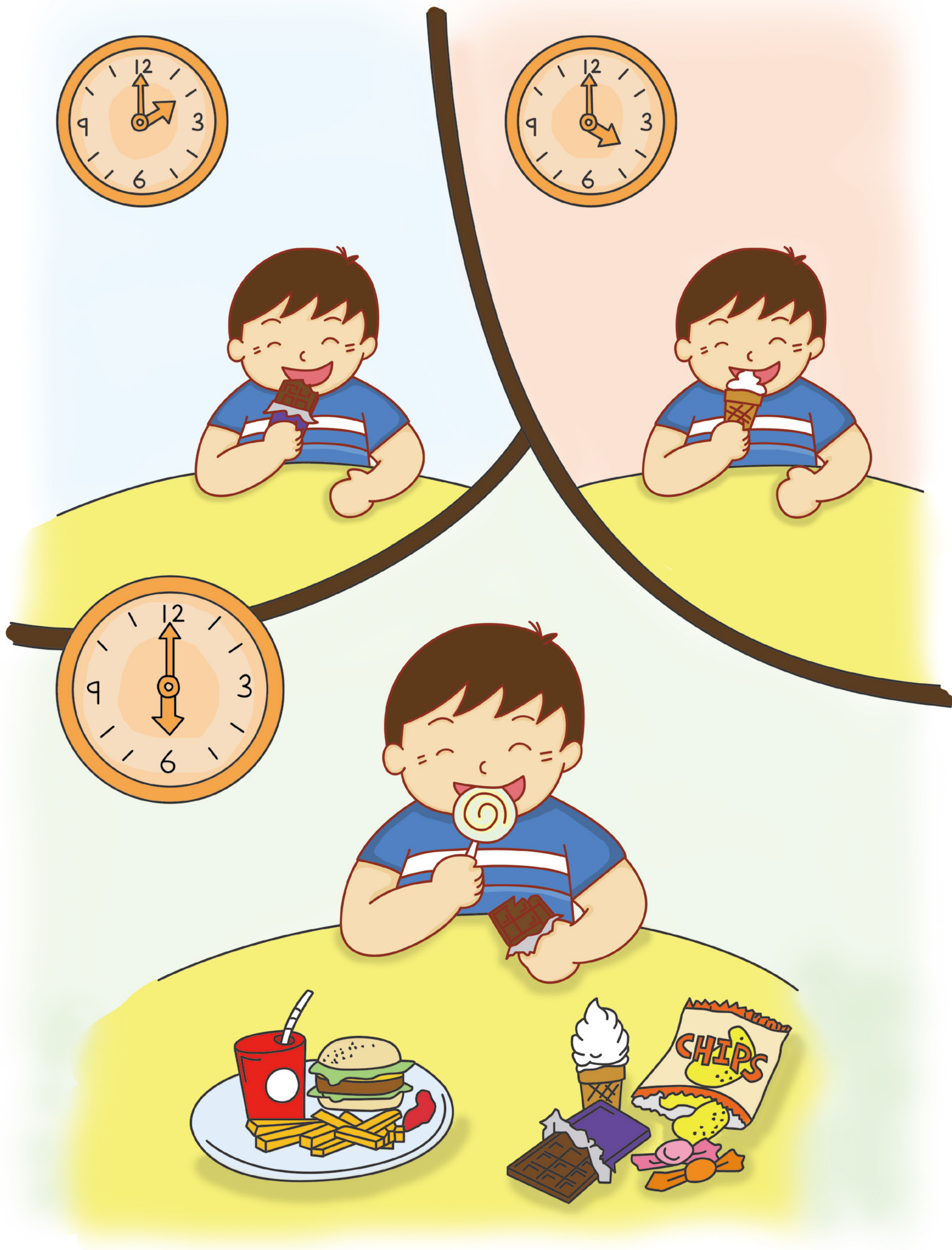


EatSmart Doggie says, "Healthy Snack Special Agents, let's act at once to  
help the kids build a healthy eating habit!"



樂樂經常吃小食。

Loky often eats snacks.





樂樂說：「唉！我牙齒又開始痛了，  
牙醫說我有蛀牙啊！」



Loky says, "Oh! I'm having toothache again.  
The dentist said I've got tooth decay!"

吳偏食對樂樂說：「如果你想減少蛀牙機會，正餐之間應只吃一次健康小食，並應以水代替甜的飲料。」



EatSmart Doggie says to Loki, "If you want to reduce having tooth decay, you should eat snacks only once in between main meals. You should also drink water instead of sugary drinks."



樂樂說：「我知道了。」

Loky says, "Alright, got it."



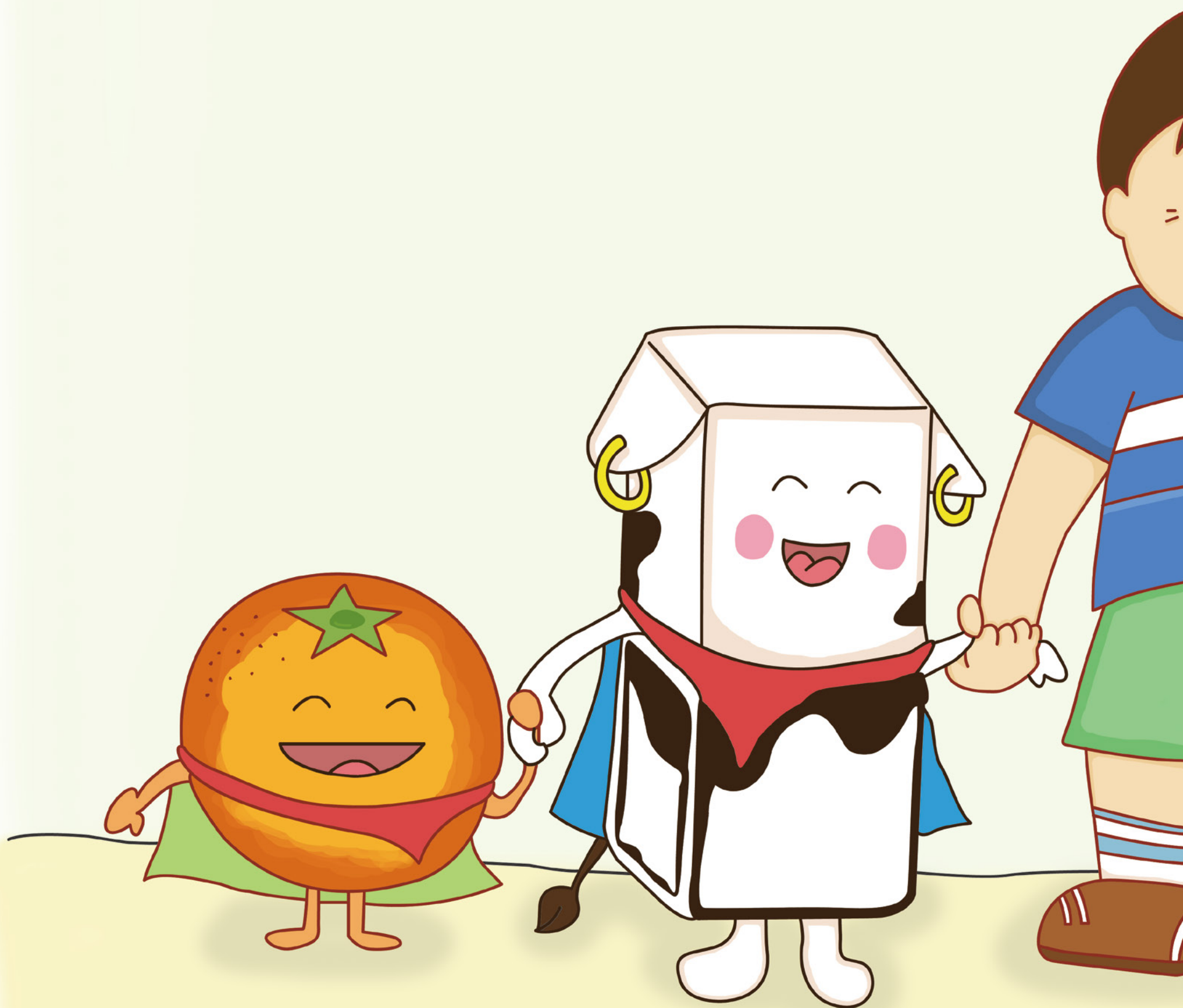


小朋友，這麼多不同的小食，哪些才是健康的呢？



Kids, among the different snacks here, which of them are healthy?

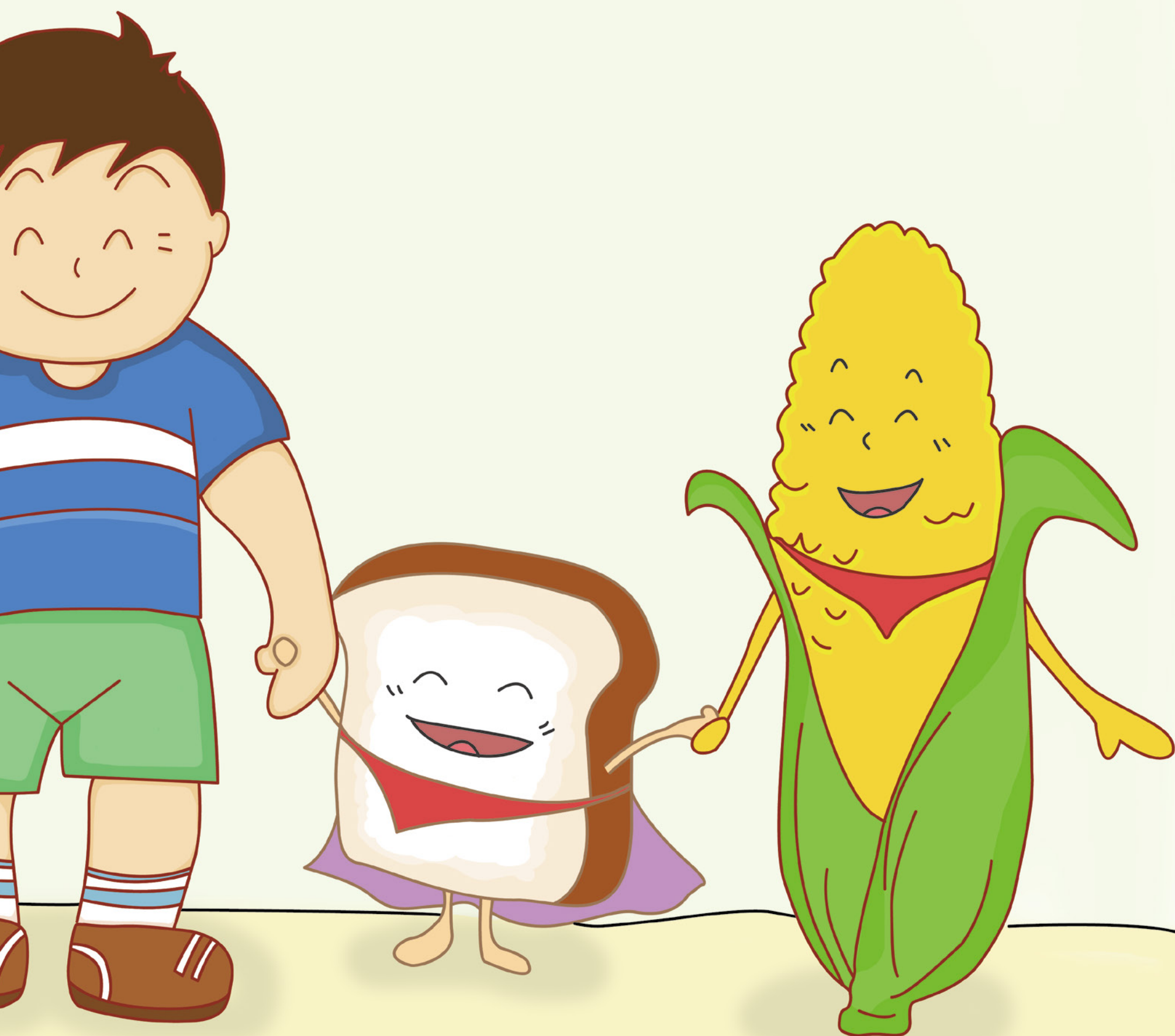
小食特工隊說：「讓我們教你如何選擇吧！」



樂樂很高興認識了四位新朋友。小朋友，你們也喜歡他們嗎？



Healthy Snack Special Agents say, "Let's teach you how to choose!"



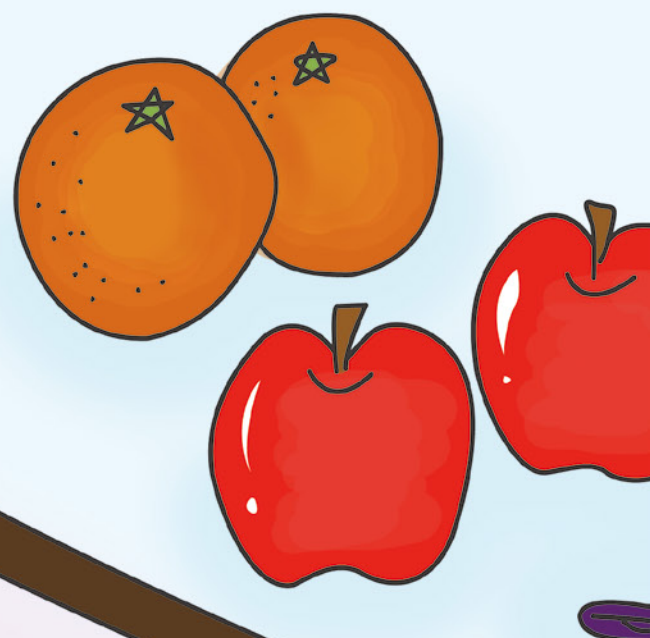
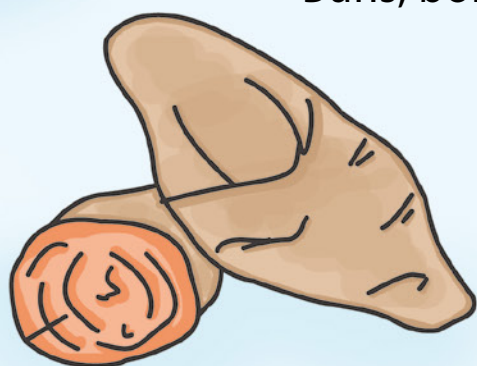
Loky is delighted to meet four new friends. Kids, do you also like them?



吳偏食繼續說：「除了小食特工隊代表的食物外，這些都是健康的小食。我們選擇小食時，最重要是遵守三低一高的原則。」



穀物類：  
小餐包、焗番薯等  
Grains:  
Buns, boiled sweet potatoes, etc.

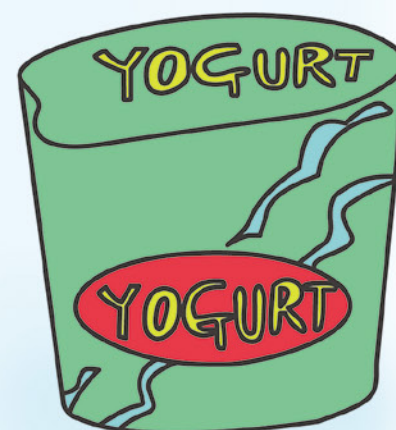
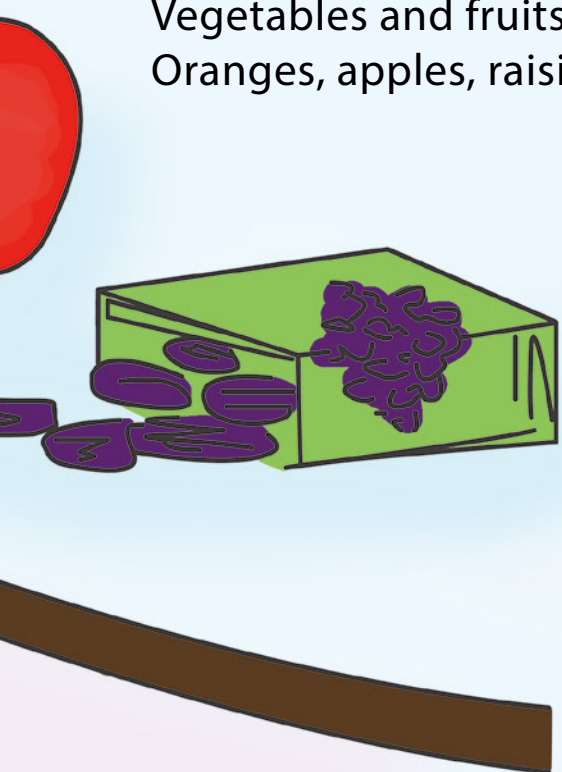


EatSmart Doggie continues, "Besides the foods represented by the special agents, all these are also healthy snacks. When we select snacks, it is important for us to follow the "3 Lows 1 High" principle."



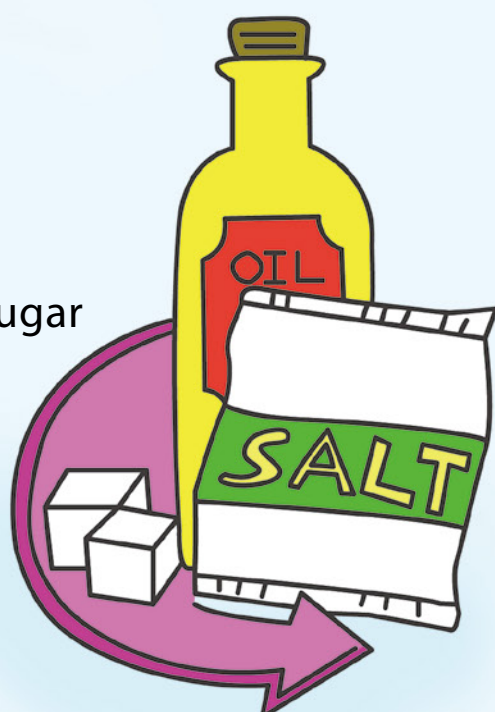
肉類及代替品：  
烩蛋、原味果仁等  
Meat and substitutes:  
Boiled eggs, original flavoured nuts, etc.

蔬果類：  
橙、蘋果、提子乾等  
Vegetables and fruits:  
Oranges, apples, raisins, etc.

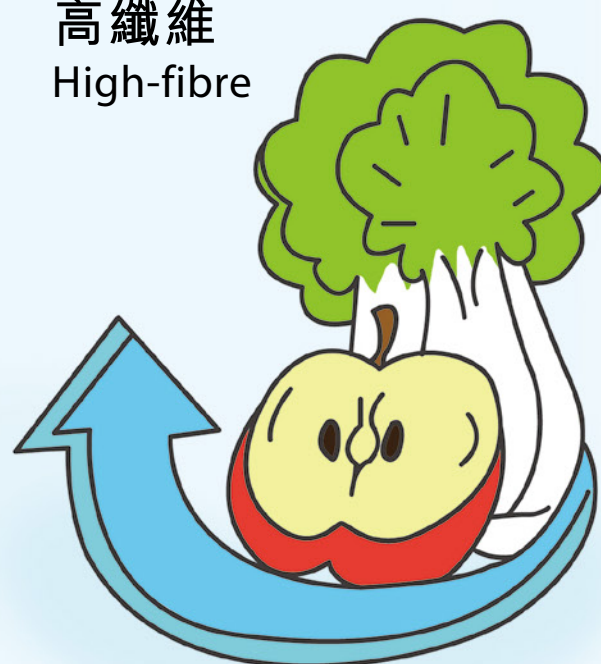


奶品類：  
乳酪、芝士等  
Dairy products:  
Yogurt, cheese, etc.

低油、低鹽、低糖  
Low oil, Low salt, Low sugar

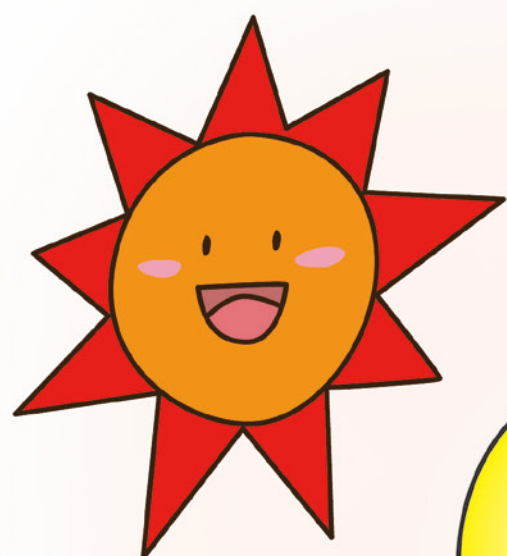


高纖維  
High-fibre





吳偏食繼續說：「我們也要選擇適合吃小食的時間。」

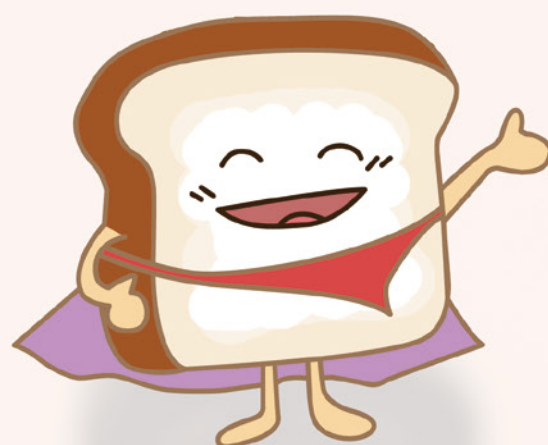


小食  
Snacks

早餐  
Breakfast

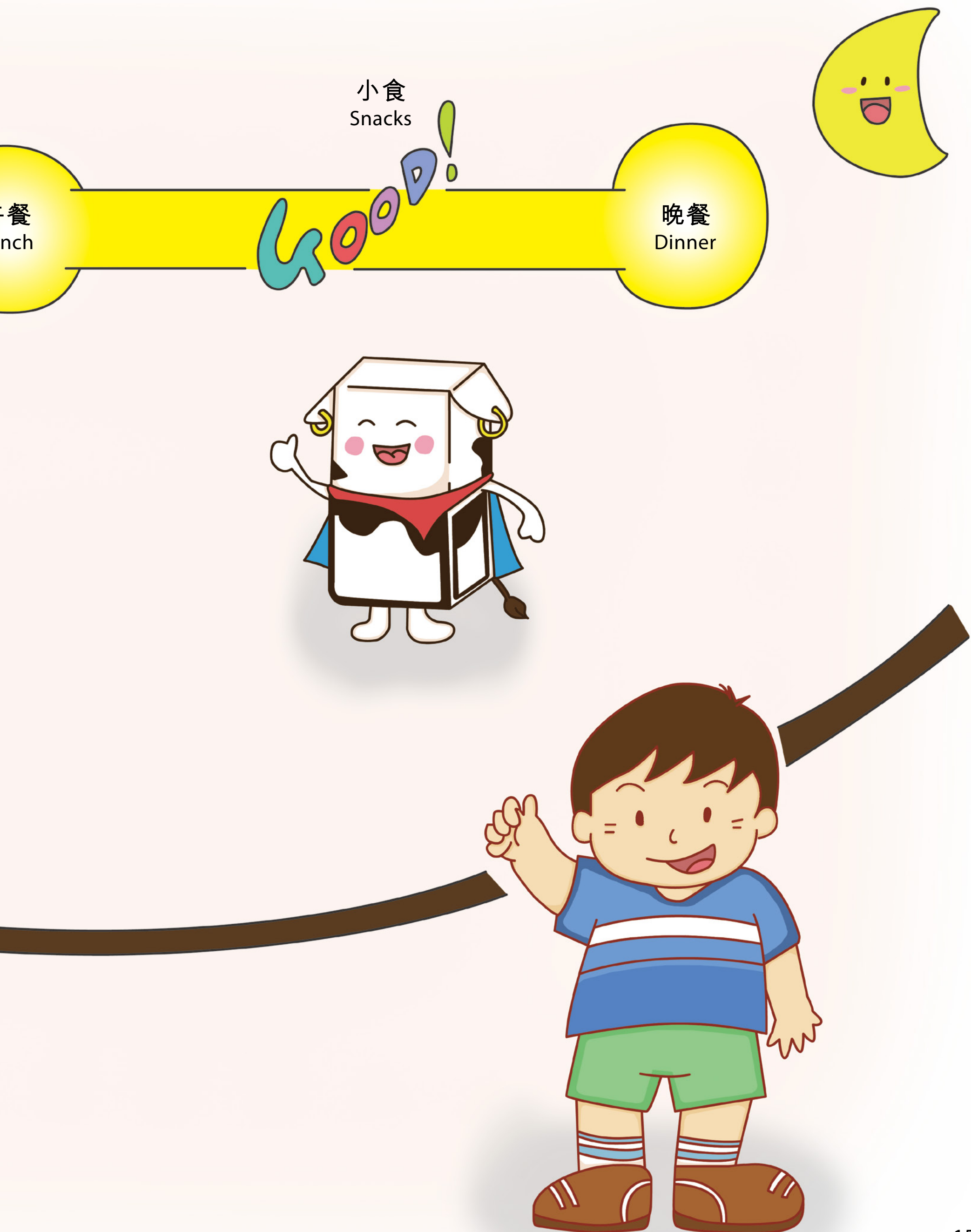
Good!

午  
Lu





EatSmart Doggie adds,  
“We have to pick the right time to eat snacks as well.”



樂樂奇怪地說：「咦？已經是晚餐時間了，  
可是我還沒餓，吃不下飯啊！」



Loky feels strange and says, "Well, it's time for dinner already,  
but I'm not yet hungry. I can't eat any more."



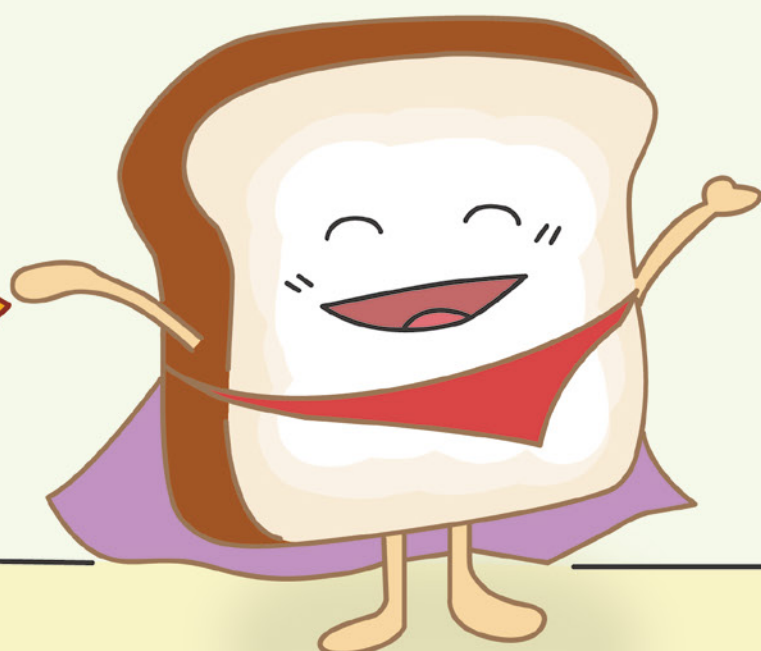
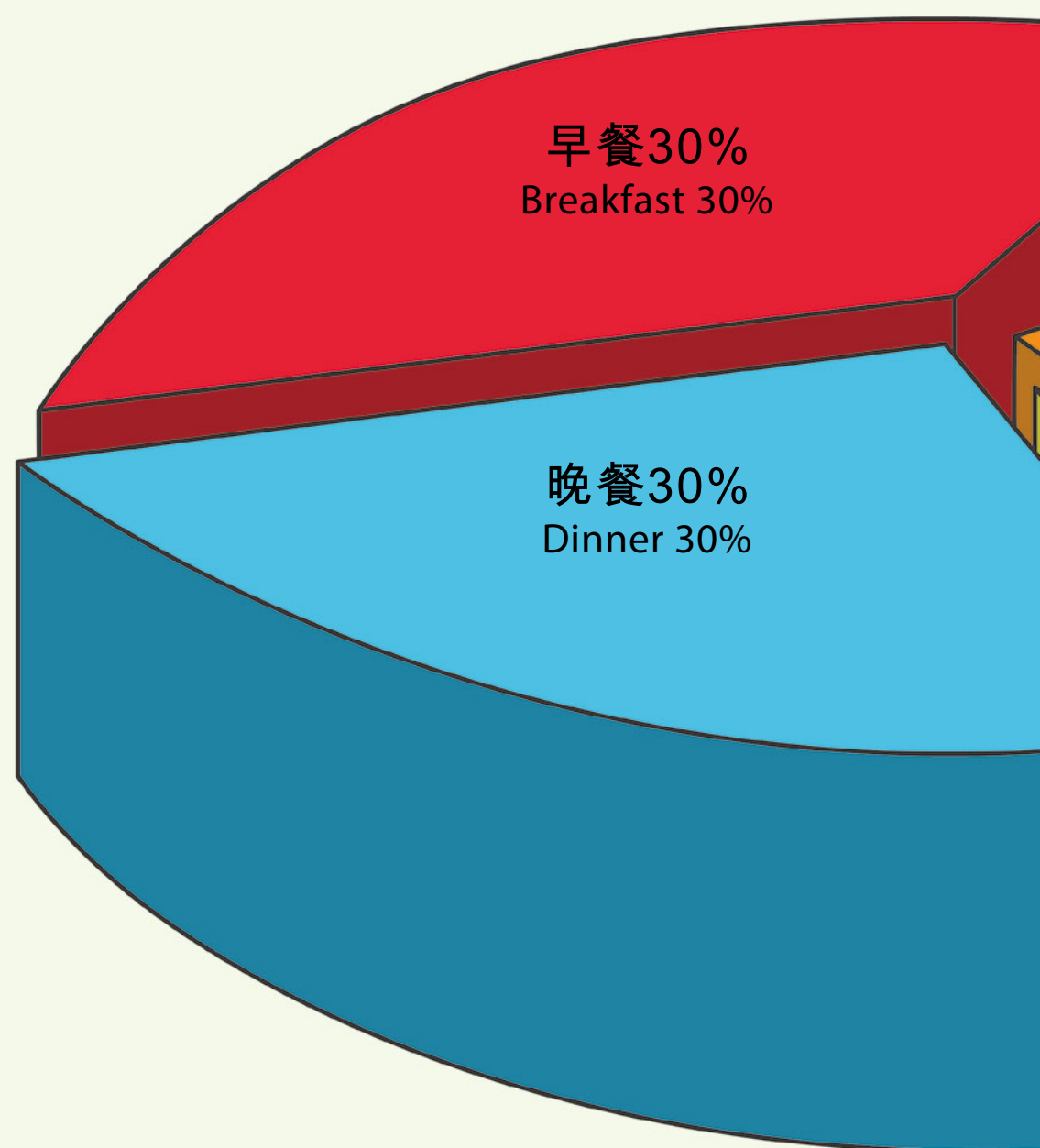
吳偏食說：「我知道了，因為你在一小時前吃了小食，所以影響了吃正餐的胃口。你知道吃小食的最好時間，是在正餐前的一個半至兩小時嗎？」



EatSmart Doggie says, "I know why. Since you ate snacks just an hour ago, your lost appetite for main meal. Do you know that the best time to eat snacks is 1.5 to 2 hours before a main meal?"

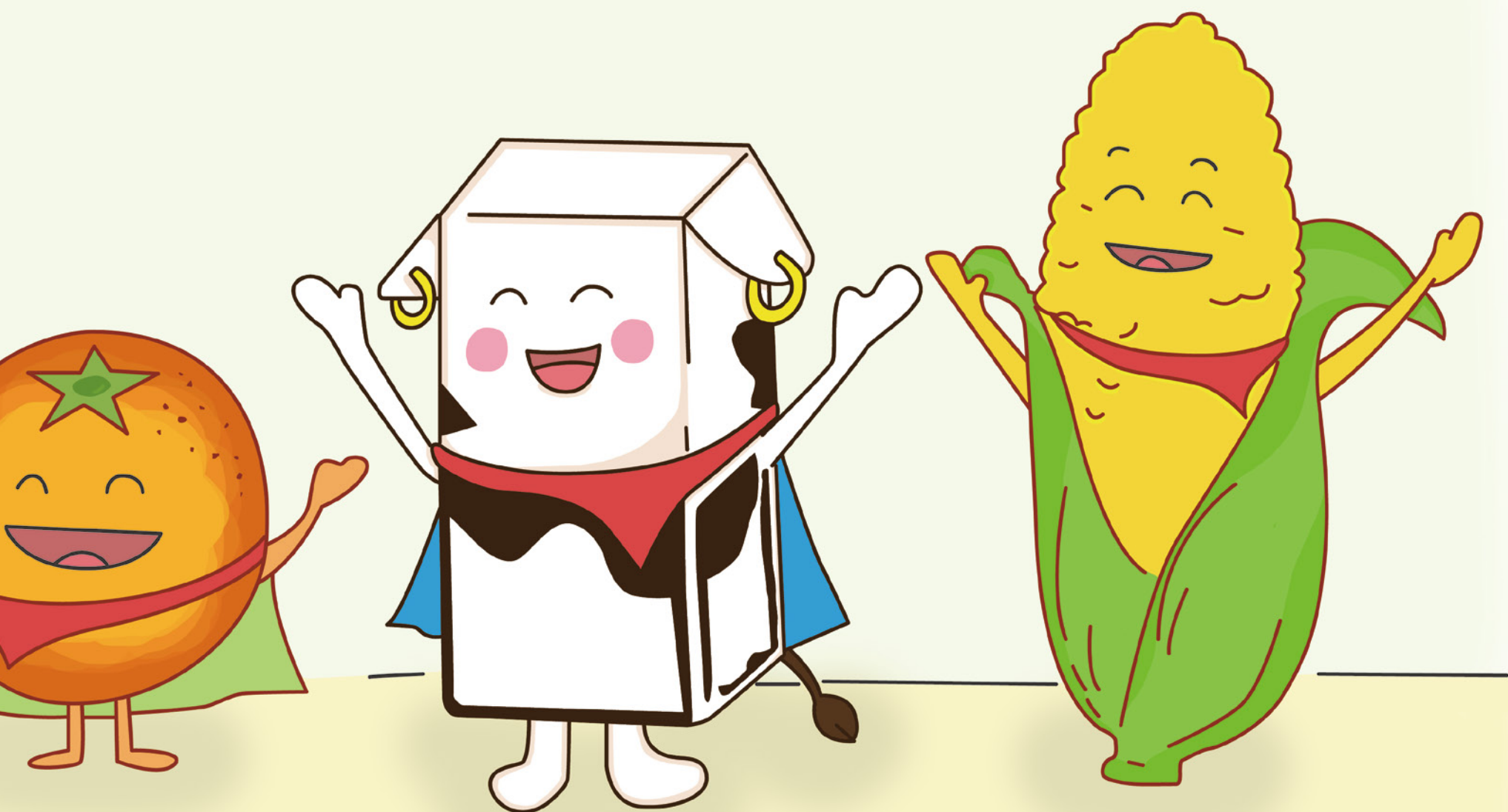
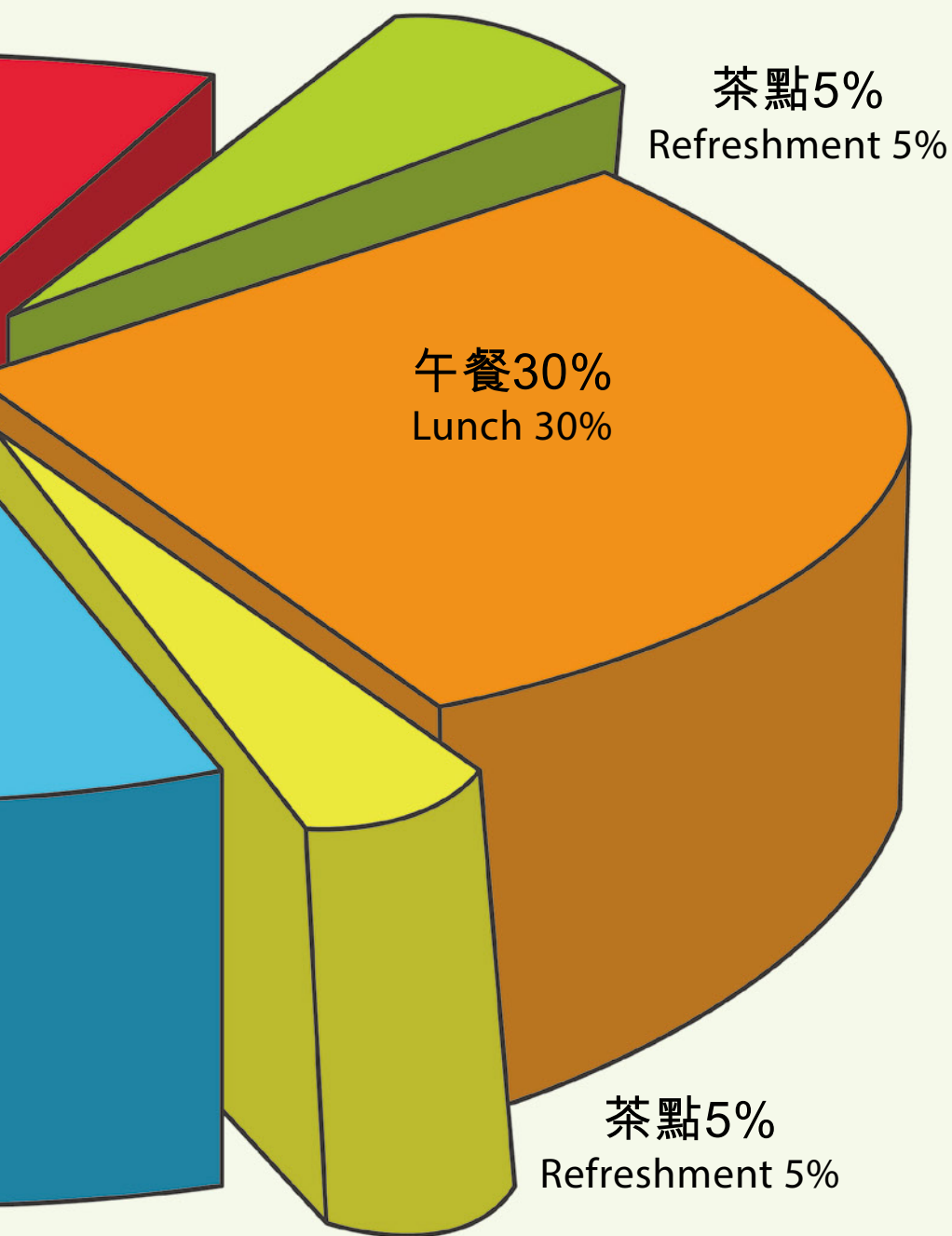
小食特工隊跟着說：「因為小朋友胃口較少，有機會無法從三餐正餐中攝取一天所需的營養和熱量，所以需要以適量及適當的小食補充所需，份量大約相等於全日所需要的十份之一。」

熱量分佈圖表  
Chart of Energy Distribution





Healthy Snack Special Agents go on, “Since children have smaller appetite, they may be unable to absorb all nutrients required for a day just from the three main meals. So, they need to supplement with appropriate snacks in the right amount which equals to about one tenth of their daily energy requirement.”



一天完結，吳偏食和健康小食特工隊向樂樂揮手道別。



It's end of the day.

EatSmart Doggie and Healthy Snack Special Agents wave goodbye to Loky.



## 後記

良好的飲食習慣對幼兒的成長和健康十分重要，家長可以從日常生活入手，慢慢地改善幼兒的飲食習慣，並提高他們對健康小食的興趣。

健康小食有「營」貼士：

- 感到肚餓時才吃小食
- 正餐與正餐之間只應吃一次小食，小食時間應與正餐相隔最少1.5至2小時
- 正餐與小食之間需多喝水，以減低蛀牙機會
- 小食分量不應過多，約佔全日熱量所需的十份之一
- 食物選擇應以「三低一高」（即低油鹽糖和高膳食纖維）和天然新鮮食物為主，如以穀物、新鮮水果或奶品類為主。

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

## Epilogue

A good dietary practice is vital to children's growth and health. By introducing changes to everyday life, parents can gradually improve the eating habits of children and raise their interest in healthy snacks.

"EatSmart" tips on healthy snacks:

- Eat snacks only when you feel hungry
- Eat snacks only once at least 1.5 to 2 hours between main meals
- Drink more water between main meals and snacks to reduce tooth decay
- The amount of snacks should not be excessive but about one tenth of the daily required energy
- Select food according to the "3 Low 1 High" (i.e. low oil, low salt, low sugar and high fibre) principle and choose mainly the natural fresh food, such as grains, fresh fruits or dairy products.

You are welcome to browse the thematic website of our StartSmart@school.hk Campaign (<http://www.startsmart.gov.hk>) for relevant health educational resources.

