

親子「營」「動」Guide

Cook and Move Smart with Your Kids!





各位親愛的家長：

你們好！我是十分講究食物營養之均衡的吳偏食。讓我在這裡與你們分享一些健康飲食的心得吧！

要建立良好的體魄，健康的飲食習慣是不可缺少的一環。不良的飲食習慣不但會引致營養不良，更有機會導致各種健康問題，例如肥胖、糖尿病和心臟病等。有見及此，衛生署推出健康親子食譜，希望家長能透過親子烹飪讓孩子認識不同的食材、避免偏食和建立良好的飲食習慣。這冊子一共提供了十個親子食譜，每個食譜均加入了蔬菜或水果作食材。在舉辦生日派對時，家長可參照此小冊子為孩子製作美味健康的小食，以取代通常含高脂、鹽或糖的「派對」食物。讓我們藉著此小冊子和幼兒一同分享製作美食的樂趣吧！



吳偏食



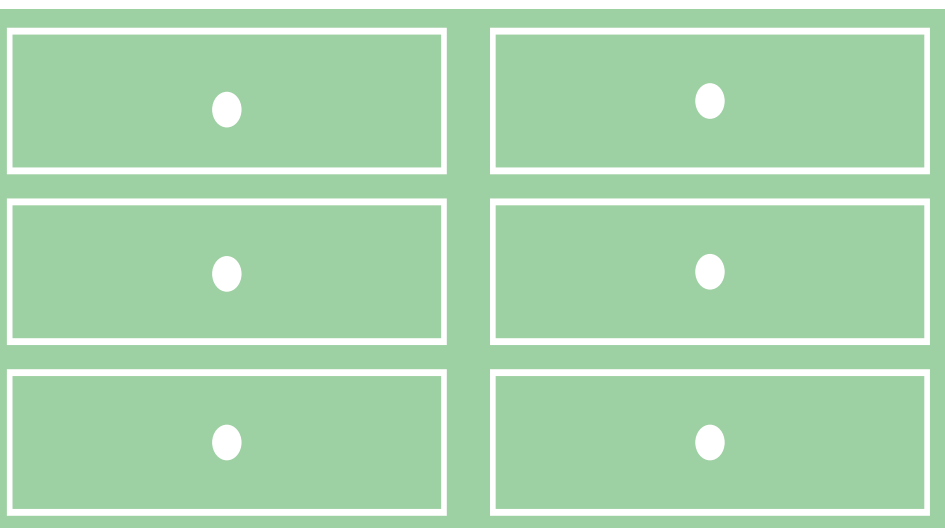
Dear Parents,

Hi, there. I am EatSmart Doggie. I am smart at choosing healthy food. Let me share with you some healthy eating tips.

You are what you eat! Unhealthy eating habits may not only lead to malnutrition, but they may also lead to other health problems such as obesity, diabetes and heart diseases. In view of this, the Department of Health prepared a kid-friendly and healthy recipe guide. These recipes help children learn about a variety of ingredients, avoid picky eating and develop good eating habits through cooking with their parents. This guide contains ten kid-friendly recipes, each of which is fruit and/ or vegetable-themed. When throwing a birthday party, parents may refer to this guide to prepare tasty yet healthy food for their children to replace the typical “party food” that is usually high in fat, salt and/ or sugar. Let us all share the fun of preparing delicious food with our children through this guide!



EatSmart Doggie



健康小食食譜

Healthy Snacks Recipes



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食譜 1
Recipe

特色米飯漢堡

The Rice Burger

Serves
4
人分量



食材 Ingredients

壽司飯 (已煮熟)	約2碗	Sushi rice (cooked)	Approx. 2 bowls
瘦豬肉 (免治)	80克 (約2兩)	Lean pork (minced)	80 g (approx. 2 taels)
洋蔥 (切碎粒)	¼個	Onion	¼ piece (chopped)
蘑菇 (切片)	4-5粒	Mushroom	4-5 pieces (sliced)
生菜 (切絲)	2-3片	Lettuce	2-3 pieces (shredded)
白/黑芝麻	1茶匙	White / black sesame	1 teaspoon
粟米油	1茶匙	Corn oil	1 teaspoon
(註：1碗 = 250-300毫升)		(Remark: 1 bowl = 250-300 ml)	

烹調步驟 Cooking Method

1. 拌勻免治豬肉後放入洋蔥粒，再加入少許胡椒粉和醬油調味，醃約10分鐘，搓成漢堡扒形狀，備用。
2. 將牛奶盒洗淨，剪成約1.5厘米厚，拉緊成圓形圈模。壽司飯搓揉成兩個飯糰，放於模中，用手掌壓成兩片似麩包的飯糰，灑上芝麻。
3. 燒熱鑊，放少許油，將飯糰兩面煎香，備用。
4. 將醃好的豬肉漢堡扒與蘑菇一起煎熟，備用。
5. 煎香的飯糰塗少許低脂沙律醬(可隨喜好酌量加減)，在兩片飯糰中間放入生菜絲、漢堡扒和蘑菇片，即成。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 採用健康且低脂的烹調方法，例如少油煎。
 2. 加添蔬菜如洋蔥、生菜和蘑菇以增加膳食纖維量，促進腸道健康。
 3. 若米飯有一點乾、不粘(黏身)，可放入保鮮袋中揉搓或拍打一下，這樣較易成型。
1. Adopt a healthy and low-fat cooking style, e.g. sauté with less oil.
2. Adding vegetables, such as onion, lettuce and mushrooms, to snacks can increase dietary fibre intake and enhance your intestinal health.
3. If the rice is somewhat dry or non-sticky, you may put it in a zip-lock bag and rub or pad briefly. This would help form your desired shapes.

調味料 Seasonings

醬油	1茶匙	Soy sauce	1 teaspoon
白胡椒粉	少許	White pepper	A pinch
低脂沙律醬	15毫升 (約1湯匙)	Low-fat salad dressing	15 ml (approx. 1 tablespoon)



1. Mix the minced pork and the onion. Add a pinch of pepper and some soy sauce for seasoning. Marinate for 10 minutes. Press into the shape of a burger patty. Set aside.
2. Wash a milk box. Cut the box to 1.5 cm thick and pull tight such that it becomes a round-shape mould. Rub the sushi rice into rice balls and place them into the mould, one after another. Press each of them into the shape of a burger bun. Sprinkle with sesame.
3. Heat a pan with a small amount of oil. Pan-fry both sides of the rice cakes until aromatic. Set aside.
4. Pan-fry both the marinated pork burger patty and mushrooms. Set aside.
5. Apply a small amount (the amount can be freely adjusted) of low-fat salad dressing onto the pan-fried rice cakes. Place the shredded lettuce, pork burger patty and mushroom slices in between the two pieces of rice cakes. Serve.



食譜 2
Recipe

意大利薄餅

Pita Pizza

Serves

2

人分量



食材 Ingredients

彼得包	1片	Pita bread	1 piece
罐頭礦泉水	30克	Canned tuna	30 g
浸吞拿魚		in spring water	
粟米粒	2湯匙	Sweet corn	2 tablespoons
彩椒 (切粒)	½個	Bell pepper	½ piece (diced)
蘑菇 (切片)	5粒	Mushroom	5 pieces (sliced)
香草	少許	Herb	A pinch
低脂芝士碎	¼杯	Grated low-fat cheese	¼ cup
植物油	1茶匙	Vegetable oil	1 teaspoon

(註：1杯 ≈ 240毫升)

(Remark: 1 cup ≈ 240 ml)

烹調步驟 Cooking Method

1. 焗爐先預熱至攝氏180-200度，備用。
2. 把罐頭吞拿魚隔水，備用。
3. 彩椒洗淨、去籽和切粒。蘑菇洗淨和切片。
4. 燒熱鑊，放入粟米粒、彩椒粒和蘑菇片，快炒1-2分鐘，備用。
5. 將彼得包放在焗盆上，先塗番茄膏，後放上吞拿魚、粟米粒、彩椒粒和蘑菇片，再灑上芝士及香草。
6. 將意大利薄餅 (彼得包) 放入爐內焗約10分鐘至脆口 (或因應個人喜好可調節烘焙時間)，即成。

自製健康小食的貼士

Tips for home-made healthy snacks

1. 以吞拿魚取代辣肉腸及火腿等常添加於意大利薄餅的加工食物，可減低脂肪及鹽量。
2. 加入彩椒、粟米、蘑菇等蔬菜，可令薄餅增添繽紛色彩外，亦可增加膳食纖維、維生素及鉀質的含量，對身體有益。
3. 採用烤焗及少油快炒等烹調方式，減少用油，令菜式更健康。
1. Replacing processed and commonly used ingredients, such as pepperoni and ham, with tuna helps to reduce fat and salt content.
2. Adding bell peppers, sweet corn, mushrooms, etc. onto the pizza makes it look more colourful and provides us with dietary fibre, vitamin and potassium, which are beneficial to our health.
3. Baking and sautéing with less oil reduce the use of oil and make dishes more healthy.

調味料 Seasonings

番茄膏 1-2湯匙 Tomato paste 1-2 tablespoons

1. Preheat an oven to 180-220°C. Set aside.
2. Drain the canned tuna. Set aside.
3. Wash, remove the seeds and dice the bell peppers. Wash and slice the mushrooms.
4. Heat a pan. Add the sweet corn, bell pepper and mushrooms onto the pan and sauté for 1-2 minutes. Set aside.
5. Place the pita bread on a baking tray. Spread some tomato paste and then put the tuna, sweet corn, bell pepper and mushrooms onto the bread. Sprinkle with grated cheese and herbs.
6. Bake the pizza (pita bread) for approx. 10 minutes until crispy (or adjust the baking time according to your preference), and serve.



食譜 3
Recipe

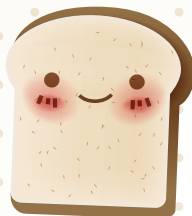
三文治壽司卷

Sandwich Sushi Roll

Serves

2

人分量



食材 Ingredients

麥方包	2片	Wholemeal sandwich bread	2 slices
罐頭礦泉水	30克	Canned tuna	30 g
浸吞拿魚		in spring water	
雞蛋	1隻	Egg	1 piece
甘筍	½條	Carrot	½ piece
青瓜	½條	Cucumber	½ piece
壽司紫菜 (原味)	1片	Seaweed for sushi (original flavour)	1 piece

烹調步驟 Cooking Method

1. 青瓜和甘筍洗淨，切絲備用。
2. 把罐頭吞拿魚隔水，拌入較低脂蛋黃醬，備用。
3. 打勻雞蛋，煎成蛋餅，切條備用。
4. 麥方包去邊，塗上少許蛋黃醬，放於紫菜上（塗上蛋黃醬一面向紫菜）。
5. 於方包上塗上吞拿魚醬，放上青瓜、甘筍和蛋條，捲起，切件即可。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 麥包比白飯含較多的膳食纖維，增加飽肚感。
 2. 紫菜含豐富的碘質，碘質有助維持正常的甲狀腺功能和促進人體生長發育。
 3. 選用低脂的食材，如水浸吞拿魚和較低脂蛋黃醬。
1. Wholemeal bread contains more dietary fibre than white rice and makes you feel fuller.
 2. Seaweed is rich in iodine, which helps to maintain normal thyroid functions and promotes growth.
 3. Choose low-fat ingredients, e.g. tuna in spring water and reduced-fat mayonnaise.

調味料 Seasonings

較低脂蛋黃醬 1湯匙 Reduced-fat mayonnaise 1 tablespoon

1. Wash the cucumber and carrot. Shred and set aside.
2. Drain the canned tuna. Mix it with reduced-fat mayonnaise. Set aside.
3. Beat the egg and make an omelette. Slice and set aside.
4. Remove the crust of the wholemeal sandwich bread. Spread a thin layer of mayonnaise on it. Place the side with mayonnaise against the seaweed.
5. Spread the tuna paste on the sandwich bread. Put the shredded cucumbers, carrots and sliced omelette onto the bread. Roll the bread slice and serve.



食譜
Recipe 4

貓咪米餅 Kitty Cat Rice Cracker



Serves
1
人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 蔬菜和水果如甘筍、香蕉、青提、提子乾提供豐富的膳食纖維和維生素，有益健康。
 2. 在香蕉片上加數滴檸檬汁，可防止香蕉因氧化而變黑。
 3. 宜選不經油炸的米餅。
1. Vegetables and fruit, such as carrot, banana, green grape and raisin, provide a lot of dietary fibre and vitamins that are beneficial to health.
 2. Add a few drops of lemon juice in the bananas to prevent it from browning.
 3. Choose non-fried rice crackers.



食材 Ingredients

米餅(圓形)	1片	Rice cracker (round shape)	1 piece
士多啤梨	1粒	Strawberry	1 piece
香蕉	½隻	Banana	½ piece
藍莓乾	數粒	Dried blueberry	A few pieces
提子乾	數粒	Raisin	A few pieces
白麵包	1片	White bread	1 slice

調味料 Seasonings

花生醬	1湯匙	Peanut butter	1 tablespoon
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烹調步驟 Cooking Method

1. 士多啤梨洗淨，切薄片。
2. 香蕉去皮、切片，再從一塊香蕉片中切出一個小三角形。
3. 白麵包切幼條。
4. 在米餅上塗上花生醬。
5. 將士多啤梨放在米餅上作耳朵、藍莓乾作眼睛、提子乾作鼻子、香蕉片作臉頰、三角形香蕉作嘴巴，和麵包條作鬚鬚。

1. Wash and slice the strawberry.
2. Peel and slice the banana. Cut a small triangle out of one of the banana slices.
3. Cut the white bread into thin shreds.
4. Spread some peanut butter on the rice cracker.
5. On the rice cracker, put the strawberry slices on as ears, dried blueberries as eyes, raisin as nose, banana triangle as mouth and bread shreds as whiskers.



食譜 5
Recipe

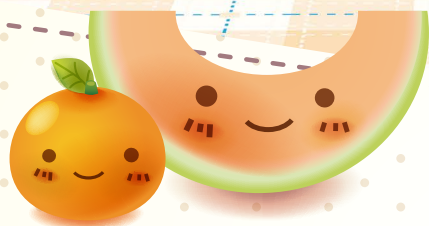
彩色繽紛水果籃

Colourful Fruit Basket

Serves

12

人分量



食材 Ingredients

菠蘿	1個	Pineapple	1 piece
士多啤梨	1盒	Strawberry	1 box
哈密瓜	1個	Hami melon	1 piece
奇異果	4個	Kiwi fruit	4 pieces
橙	3個	Orange	3 pieces
紅提子	½磅	Red grape	½ pound

烹調步驟 Cooking Method

1. 將所有水果洗淨。
2. 菠蘿、哈密瓜和奇異果切厚片，將橙一分為八。
3. 用曲奇模把水果切成不同形狀，例如星形、花形、圓形等。
4. 用竹籤將不同的水果串起，隨意擺放於杯中，弄成一個美麗的小花籃。



自製健康小食的貼士

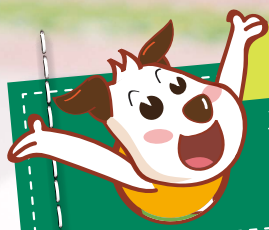
Tips for home-made healthy snacks

1. 五顏六色的水果含多種維生素和抗氧化物，天然健康。
2. 切開或削皮後必須於四小時內進食，否則便要丟棄。
3. 切水果或削皮時要注意清潔衛生。

1. Fruit of various colours contains many different kinds of vitamins and antioxidants. It is natural and healthy.
2. The fruit should be consumed within four hours or discarded after that.
3. Keep good hygiene when cutting or peeling fruit.



1. Wash all the fruit.
2. Cut the pineapple, hami melon, and kiwi fruits into thick slices. Slice the oranges into eight pieces.
3. Use the shaped-molds to cut the fruit into star, flower, round shapes, etc.
4. Make fruit skewers using the bamboo sticks. Place the fruit skewers in a small container and arrange them into a beautiful flower basket.



食譜 6
Recipe

彩虹班戟

The Rainbow Pancake

Serves

4

人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 將水果入饌，例如將之加入小朋友愛吃的班戟中，可令食物更美味健康。
2. 以水果及果醬代替糖漿，可提供更多維生素、礦物質和膳食纖維等營養。
3. 以易潔鑊烹調，減少用油之餘，令食物香脆可口。
1. Preparing snacks with fruit, e.g. adding fruit into children's favourite pancakes, can make the dish more tasty and healthy.
2. Replacing the commonly used syrup with fruit and jam can provide us with more nutrients, such as vitamins, minerals and dietary fibre.
3. Cooking with non-stick cookware can reduce the amount of oil used and make the food more aromatic, crispy and delicious.



食材 Ingredients

低筋麵粉 (已篩好)	1杯	Cake flour (sifted)	1 cup
泡打粉	1茶匙	Baking powder	1 teaspoon
雞蛋 (打勻)	2隻	Egg (beaten)	2 pieces
低脂奶	1杯	Low-fat milk	1 cup
植物牛油 (溶)	1湯匙	Margarine (melted)	1 tablespoon
新鮮雜果	1杯	Fresh mixed fruit	1 cup
(註：1杯 ≈ 240毫升)		(Remark: 1 cup ≈ 240 ml)	

烹調步驟 Cooking Method

1. 將麵粉放入碗中，加入泡打粉、糖一起拌勻，再倒入蛋漿、低脂奶及植物牛油攪拌至軟滑成班戟粉漿，備用。
2. 燒熱鑊，倒入班戟粉漿 (約2湯匙分量)，每面用慢火煎約2-3分鐘，直至呈金黃色。
3. 重覆步驟②，將餘下的粉漿煎成班戟，備用。
4. 於班戟面塗上少許士多啤梨果醬，然後鋪上雜果即成。

調味料 Seasonings

砂糖	2茶匙	Sugar	2 teaspoons
士多啤梨果醬	2湯匙	Strawberry jam	2 tablespoons

1. Pour the cake flour into a bowl. Add and mix together the baking powder and sugar. Add the beaten egg, milk and margarine to make the pancake batter. Blend the batter until smooth. Set aside.
2. Heat a pan. Pour the pancake batter (approx. 2 tablespoons) into the pan. Pan-fry each side of the pancake for approx. 2-3 minutes or until golden.
3. Repeat step ② as needed.
4. Apply a thin layer of strawberry jam on the pancakes. Serve the pancakes with mixed fruit.



食譜 7
Recipe

美味果撻 Yummy Fruit Tart



Serves

4

人分量



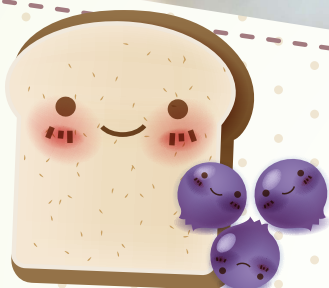
自製健康小食的貼士

Tips for home-made healthy snacks

1. 以麥包代替傳統牛油果皮撻，加添膳食纖維，亦有助降低熱量及脂肪，健康又美味。
 2. 以乳酪代替忌廉，減少熱量及脂肪之餘，亦添加了鈣質及蛋白質等營養要素。
 3. 採用烘焙方法，減少用油之餘，更令食物香脆可口。
1. Replacing traditional butter pastry with wholemeal bread increases your dietary fibre and reduces your energy and fat intake. It is a healthy and delicious alternative!
 2. Replacing whipping cream with yoghurt does not only reduce your energy and fat intake, but also increase your calcium and protein intake.
 - 3 Baking can reduce the use of oil and make food more aromatic, crispy and delicious.

調味料 Seasonings

檸檬汁 少許 Lemon juice A small amount



食材 Ingredients

麥方包 (去皮)	4片	Wholemeal sandwich bread (crustless)	4 slices
低脂純味乳酪	½杯	Low-fat plain yoghurt	½ cup
新鮮士多啤梨、藍莓	½杯	Fresh strawberries and blueberries	½ cup
奇異果	1個	Kiwi fruit	1 piece
(註：1杯 ≈ 240毫升)		(Remark: 1 cup ≈ 240 ml)	



烹調步驟 Cooking Method

1. 焗爐先預熱至攝氏160-180度，備用。
2. 麥方包先壓扁，鋪入果撻模中，再放入爐焗5-6分鐘至金黃色 (或因應個人喜好可調節烘焙時間)，在室溫中待涼，備用。
3. 洗淨藍莓。奇異果去皮、切片。士多啤梨切成水果塊，加少許檸檬汁以免氧化而變黑。
4. 將適量的乳酪放入果撻杯內，再以不同的水果鋪面，即成。

1. Preheat an oven to 160-180°C.
2. Press the wholemeal bread flat and fill them into the fruit tart moulds. Bake for 5-6 minutes or until golden (may adjust the baking time according to your preference). Let it cool down to room temperature. Set aside.
3. Wash the blueberries. Peel and slice the kiwi fruit. Dice the strawberries. Add a small amount of lemon juice to prevent the fruit from browning.
4. Pour an appropriate amount of yoghurt into the fruit tart cups and top with mixed fruit, serve.





食譜 8
Recipe

香橙小姐

Miss Or-range

Serves

3

人分量



自製健康小食的貼士

Tips for home-made healthy snacks

1. 透過水果本身的天然果糖，帶出甜品的美味。
 2. 以原個水果榨汁（再配合果粒），取代現成啫喱粉的添加劑，既健康又增加膳食纖維。
 3. 下魚膠片時切記不要用大火煮，不然會減低其凝固能力。
1. Fructose in fruit can enhance the dessert flavour.
 2. Replace jelly powder additives with the juice squeezed from whole fruit (with fruit dices) can increase the dietary fibre content of the dessert and make it more healthy.
 3. Do not boil the gelatin sheets over fire ; otherwise, it will decrease their coagulability.



食材 Ingredients

橙	3個	Orange	3 pieces
藍莓	5粒	Blueberry	5 pieces
士多啤梨	2粒	Strawberry	2 pieces
魚膠片	10克 (約2片)	Gelatin sheet	10 g (approx. 2 sheets)
清水	50毫升	Water	50 ml



烹調步驟 Cooking Method

1. 魚膠片用室溫白開水浸軟，備用。
 2. 士多啤梨切粒。
 3. 將橙切半、榨汁，保留挖走了橙渣的橙皮作盛載器皿。
 4. 榨好的橙汁放到杯中，備用。
 5. 將50毫升清水煮熱，離火，加入魚膠片，拌勻，然後再加鮮橙汁。
 6. 倒入切半的橙皮中，加入藍莓和士多啤梨粒，置雪櫃冷卻至凝固。
 7. 凝固後，即成。
1. Soak the gelatin sheets in room temperature water until softened. Set aside.
 2. Dice the strawberries.
 3. Cut the oranges into halves and squeeze. Retain the orange skins, where the fruit flesh has been removed, as containers.
 4. Pour the squeezed orange juice into a glass. Set aside.
 5. Boil 50ml of water. Remove from heat. Add the gelatin sheets. Mix well and add the fresh orange juice.
 6. Pour the mixture into the orange skins. Add the blueberries and strawberry dices. Refrigerate until coagulated.
 7. Serve after coagulation.



食譜 9
Recipe

番茄先生

Mr Tomato

Serves
4
人分量



食材 Ingredients

番茄 (中型)	4個	Tomato	4 medium
青瓜 (切粒)	¼碗	Cucumber (diced)	¼ bowl
粟米粒 (焯熟)	¼碗	Sweet corn (boiled)	¼ bowl
雞蛋	2隻	Egg	2 pieces
提子乾	2湯匙	Raisins	2 tablespoons
低脂芝士	1片	Low-fat cheese	1 slice
黑橄欖	2粒	Black olive	2 pieces
低脂純味乳酪	2湯匙	Low-fat plain yoghurt	2 tablespoons

(註：1 碗 = 250-300毫升) (Remark: 1 bowl = 250-300 ml)

烹調步驟 Cooking Method

1. 雞蛋焗熟、切粒備用。
2. 青瓜洗淨切幼粒備用。
3. 番茄洗淨，切去頂部並把核挖出，備用。
4. 黑橄欖洗淨、切片。
5. 芝士切哈哈笑口的形狀。
6. 將雞蛋碎、青瓜粒、粟米粒、提子乾及低脂乳酪拌好備用。
7. 將食材釀入番茄內，並於番茄的切口位放上2片黑橄欖作眼睛，而切成哈哈笑口的芝士則放在番茄上作嘴巴（冷凍食亦可）。



自製健康小食的貼士 Tips for home-made healthy snacks

1. 提子乾本身已擁有濃郁的天然甜香，提升食物的甜味，因此食譜無需加糖。
2. 以低脂乳酪代替沙律醬可減少脂肪及增加鈣質攝取。
3. 雞蛋含豐富的蛋白質，而且含不飽和脂肪酸和脂溶性維生素。
4. 以藍莓代替黑橄欖更健康。
1. Raisins contain natural sweetness and aroma that can sweeten the dishes they were added to. Therefore, no sugar is needed for the recipe.
2. Replace salad dressing with low-fat yoghurt can reduce fat intake as well as increase calcium intake.
3. Egg is rich in protein and contains unsaturated fatty acids and fat-soluble vitamins.
4. It is healthier to replace black olives with blueberries.

1. Boil the egg. Dice and set aside.
2. Wash and finely dice the cucumber. Set aside.
3. Wash the tomatoes. Cut the tomato tops off and remove the seeds. Set aside.
4. Wash and slice the black olives.
5. Cut the cheese into the shape of smiling lips.
6. Mix the diced eggs, cucumbers, sweet corn and raisins with the low-fat plain yoghurt.
7. Stuff the ingredients into the tomatoes. Place 2 pieces of black olives as eyes at the edge of each of the tomatoes. Place the "smiley" cheese on each of the tomatoes as mouth (can also serve cold).



食譜 10
Recipe

青蛙能量棒

Green Frog Popsicle

Serves

4

人分量



食材 Ingredients

香蕉	1隻	Banana	1 piece
菠菜	2碗	Spinach	2 bowls
芒果	1個	Mango	1 piece
椰子水	120毫升	Coconut juice	120 ml

(註：1 碗 = 250-300毫升)

(Remark: 1 bowl = 250-300 ml)

烹調步驟 Cooking Method

1. 將所有食材放入攪拌器打至幼滑。
2. 之後把混合物倒進雪條模，放入冰箱3小時或至凝固即成。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 將菠菜混入雪條中，有助孩子多嘗試不同蔬菜。
 2. 水果含天然果糖，不需添加糖分，美味又健康。
 3. 宜選熟透的香蕉和芒果，以增添香氣和味道。
1. Adding spinach into ice lolly could attract children to try out different vegetables.
 2. Fruit naturally contains fructose, so no sugar is needed. It is delicious and healthy.
 3. Choose completely ripen banana and mango so as to enhance the aromas and flavours.



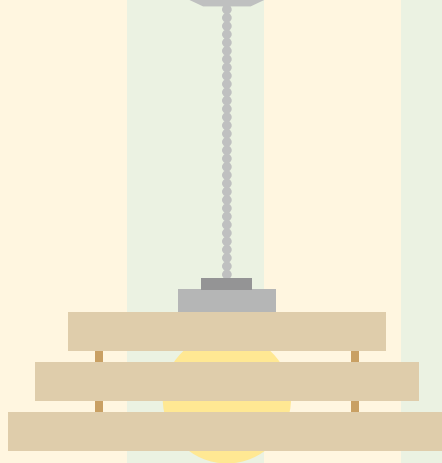
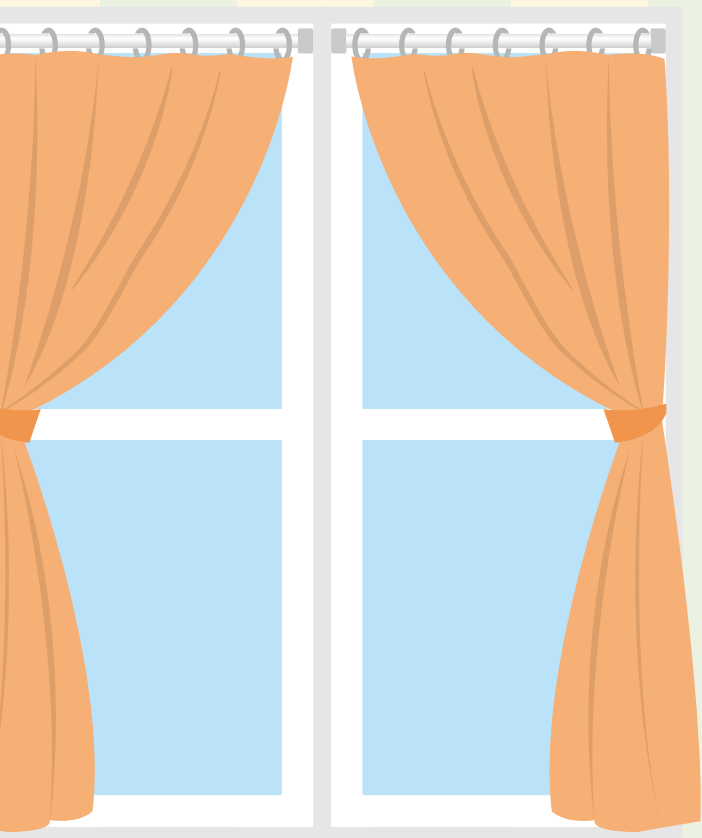
1. Mix all the ingredients in a mixer until the mixture becomes creamy.
2. Pour the mixture into an ice lolly mould. Freeze it in a refrigerator for 3 hours or until hardened.



親子「營」「動」Guide

Cook and Move Smart with Your Kids!





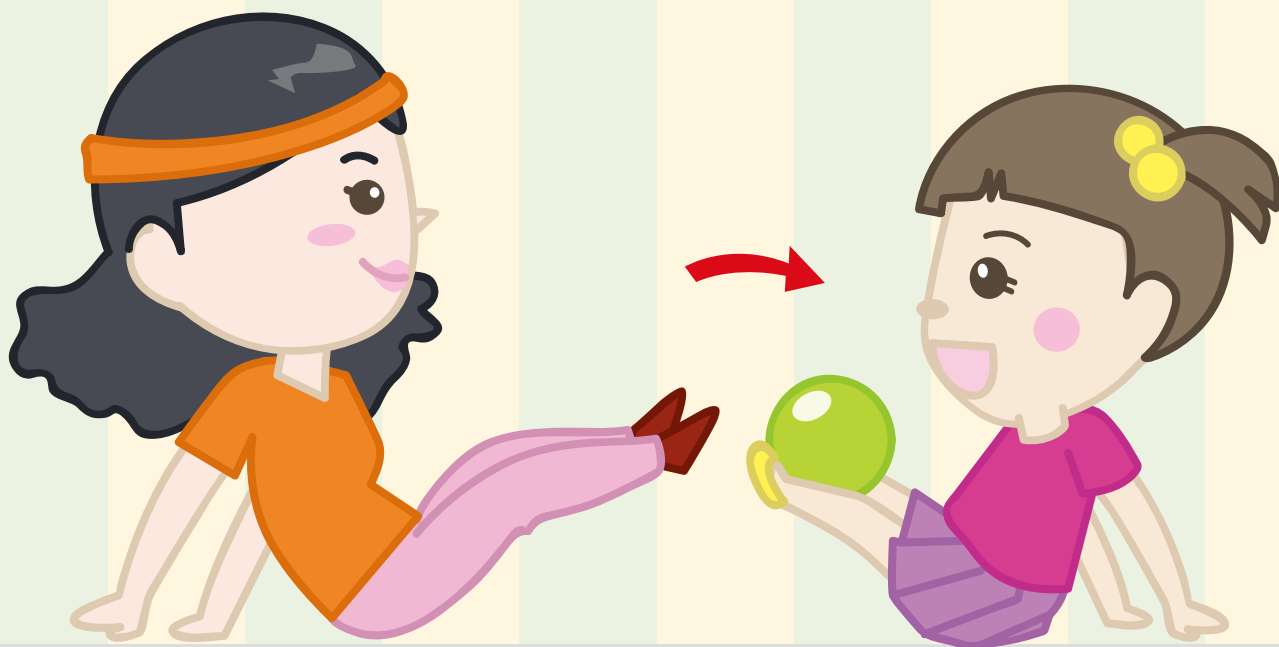
各位親愛的家長：

你們好！我是身手靈敏、好動活躍的鍾意郁。我很高興向大家推介親子體能遊戲。

多在家中玩親子體能遊戲，不但能有效幫助二至六歲的幼兒累積每天至少180分鐘的體能活動量，還可以讓家長與幼兒透過遊戲的快樂互動過程，增加親子間的相處時間和促進彼此的感情和關係，實在一舉多得。只要多花心思，家中常見的物件，例如小球、毛巾、廢紙和小罐等都能成為親子體能遊戲的工具。這小冊子介紹了一些能於家中進行的親子體能遊戲給家長參考。家長們，請齊來設計適合你和孩子的親子體能遊戲，好好享受你們共處的歡樂時光吧！



鍾意郁



Dear Parents,

Hi, there. My name is Sport Bunny. I am agile and very active. I am very happy to recommend the parent-child physical game to you.

Parents who spend more time at home in parent-child physical games not only help children aged between two and six accumulate at least 180 minutes of physical activities every day, but also enhance their parent-child relationship through the increased time spent with their children during the happy and interactive process of the games. Therefore, parent-child physical games are multi-beneficial. With dynamic thinking, we can transform commonly seen household objects, such as small balls, towels, scrap paper, and small cans, into the tools for parent-child physical games. This booklet also serves as a reference for parents who are to conduct parent-child physical activities at home. Parents are recommended to design parent-child physical games suitable for both your children and yourself. Enjoy the happy moments you spend with your children!



Sporty Bunny



親子體能遊戲

Parent-child Physical Games



遊戲名稱 Game		頁數 Page
遊戲 Game	1 站罐子 Stand-Up Cans	3
遊戲 Game	2 投籃遊戲 Basket Shooting Game	4
遊戲 Game	3 平衡寶寶 Balance Baby	5
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遊戲 1 Game 1

站罐子 Stand-Up Cans

所需物資

Materials Required

數個空罐子、墊子
Several empty cans and mats.

遊戲目標 Game Objectives

1. 訓練孩子的下肢力量和靈活度
2. 訓練孩子的肢體協調能力

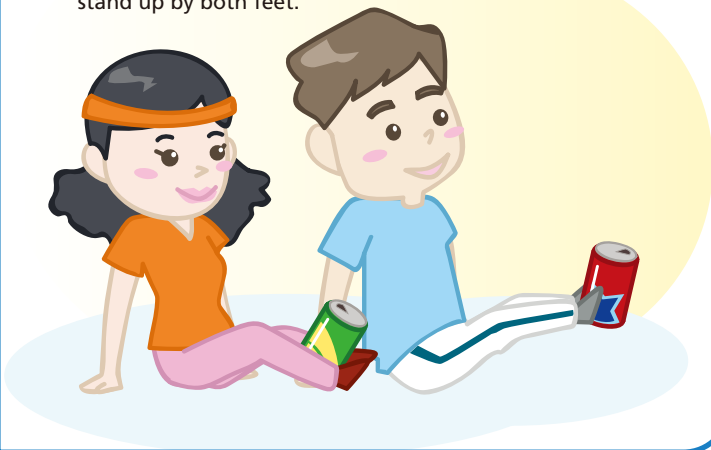
1. To train the power and agility of children's lower limbs.
2. To train the coordination of children's limbs.

遊戲玩法 Game Rules

- 1 先把數個空罐子橫放在地上。
Lay several empty cans horizontally over the floor.



- 2 爸媽坐在墊子上，雙手按在地板，示範如何用雙腳把橫放的罐子轉換成直放的位置。
Sitting on the mats, parents are to press the floor with both hands and demonstrate the way to make the laid down cans stand up by both feet.



- 3 然後孩子也跟著爸媽的示範，可以一家人一起玩。
Ask the children to follow their parents' demonstration and let the whole family play together.



遊戲變化 Game Alternatives

1. 可用裝有飲料的罐子，增加難度。
2. 讓孩子把罐子排成指定位置或圖案。
3. 爸媽可為孩子計時，看看孩子用多少時間才能放好一定數量的罐子，然後進一步限時完成新遊戲。

1. Game difficulty can be increased by using cans filled with beverages.
2. Ask the children to arrange the cans in designated positions or patterns.
3. Parents can time for their children and see how long it would take for their children to arrange certain number of cans. Then, parents can set a time limit for their children to finish the game.





遊戲 2 Game 2

投籃遊戲 Basket Shooting Game

所需物資

Materials Required

紙球或小軟球、衣服和
其他接球的器具
A paper ball or small soft
ball, clothes and other
object for catching ball.

遊戲目標 Game Objectives

1. 訓練孩子的上肢力量。
2. 訓練孩子的投接技巧。
3. 訓練孩子的手眼協調能力。

1. To train the upper limb power of children.
2. To train the ball throwing and catching skills of children.
3. To train the hand-eye coordination of children.

遊戲玩法 Game Rules



- 1 爸媽拉起所穿的衣服，孩子拿著紙球。
Parents hold the clothes and their children hold the paper ball.
- 2 與孩子對站在合適的距離，請孩子把球拋向他們。
Parents stand opposite to their children at an appropriate distance, and ask their children to throw the ball to them.
- 3 爸媽用拉起的衣服，接著孩子拋出來的球。
Parents catch the balls thrown by their children by their clothes.



- 4 孩子拋完球後，爸媽與孩子互換角色，由孩子負責接球。
After the children have finished throwing the ball, parents should change roles with their children and let them catch the ball.

遊戲變化 Game Alternatives

1. 加長拋接的距離。
2. 讓孩子把球投進移動中的承載目標。
3. 爸媽把球拋向不同方向，讓孩子走動更多。

1. Lengthen the distance for throwing the ball.
2. Let the children throw the ball into a ball-catching object that is moving.
3. Parents can throw the ball to different directions, so as to let their children move more.





遊戲 3 Game 3

平衡寶寶 Balance Baby

所需物資

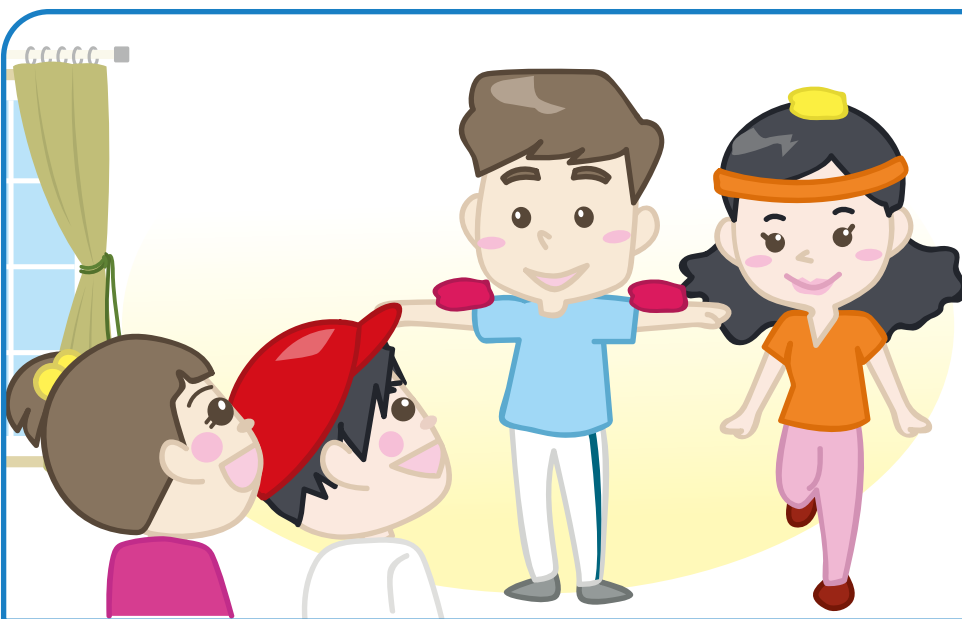
Materials Required

體積細小，軟質地的物件，如豆袋、毛巾等
Small and soft objects, e.g. bean-bag and towel.

遊戲目標 Game Objectives

1. 訓練孩子的平衡力。
1. To train the body balance of children.
2. 訓練孩子的肢體協調能力。
2. To train the limb coordination of children.

遊戲玩法 Game Rules



- 1 爸媽與孩子一同把小物件放在身體各部位，例如頭頂、手肘、腳等。
Let parents and their children place small objects over different body parts, e.g. head, elbow and foot.
- 2 示範各種平衡的動作，例如舉手、單腳站立等，讓身體上的物件不會掉落。
Demonstrate different balancing movements, e.g. raising arms and standing with one leg, which prevent the objects on the body from falling down.

- 3 幫助孩子做各種平衡動作，隨時準備攙扶孩子，慎防他們跌倒。
Help children pose different balancing movements and support them with hands in order to prevent them from falling down.



- 4 如孩子已掌握平衡動作，可嘗試讓孩子頂著物件走直線的路徑。
If the children have already mastered the balancing movements, parents can try to let them walk along a straight line while carrying a soft object on their heads.



遊戲變化 Game Alternatives

1. 同時放多於一件物件於孩子的身體上而不會掉在地上。
1. Simultaneously place more than one object over the children's bodies. Children are required not to drop anything down.
2. 讓孩子頂著物件走一段迂迴的路徑。
2. Let children walk along winding trails while carrying an object on their heads.





遊戲 4 Game 4

家中尋寶 Treasure Hunting at Home

所需物資

Materials Required

體積細小、孩子能認出的東西
A small object distinguishable by children.

遊戲目標 Game Objectives

透過孩子搜索物件時的動作以達至全身訓練。

To attain whole body training through the searching movements of children.

遊戲玩法 Game Rules

- 1 爸媽先把要找的物件藏在容易找到的地方（小心廚房、廁所和家中其他地方的潛在危險）。
Parents first hide an object in an easily searchable place (beware of danger in kitchen, toilet or other places at home).



- 2 讓孩子在家中隨意搜索，嘗試找回物件。
Allow the children to search freely at home so as to find the object out.



- 3 有需要時協助孩子做搜索的動作，例如蹲下、爬高等。
When necessary, help the children perform movements for searching, such as squatting and climbing.



- 4 換轉角色，孩子藏物件讓爸媽尋找。
Change the roles, the children hide an object for their parents to find out.



遊戲變化 Game Alternatives

1. 限時搜索，增加刺激感。
2. 把物件放在家中較隱蔽的地方。

1. Increase the game excitement by imposing a time limit.
2. Hide an object in a relatively more secluded corner at home.





遊戲 5 Game 5

收衣服 Collecting Clothes

所需物資

Materials Required

衣夾、襪子、繩子
Clothespins, socks and a clothesline.

遊戲目標 Game Objectives

訓練孩子的跳躍和伸展能力。

To train the jumping and stretching competencies of children.

遊戲玩法 Game Rules



- 1 爸媽把襪子夾在衣夾上，再用繩子把衣夾串起來（用晾衣架夾襪子也可以）。

Parents fasten the socks with the clothespins over the clothesline (using hangers for draping socks is also acceptable).

- 2 把繩子舉起，提升至孩子需要伸展甚至跳起才能觸碰的高度。

Raise the clothesline to a level that the children have to stretch or even jump for reaching.



- 3 讓孩子盡力伸展或跳起摘下襪子。

Let the children stretch or jump as much as possible to pick the socks.

遊戲變化 Game Alternatives

1. 提升衣夾或晾衣架的高度。
2. 使用更小的襪子或其他物件，增加難度。

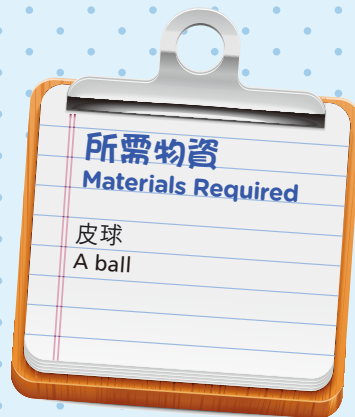
1. Raise further the height of the clothespins or hangers.
2. Use smaller socks or other objects to increase the difficulty.





遊戲 6 Game 6

搬大石 Rock Relocation

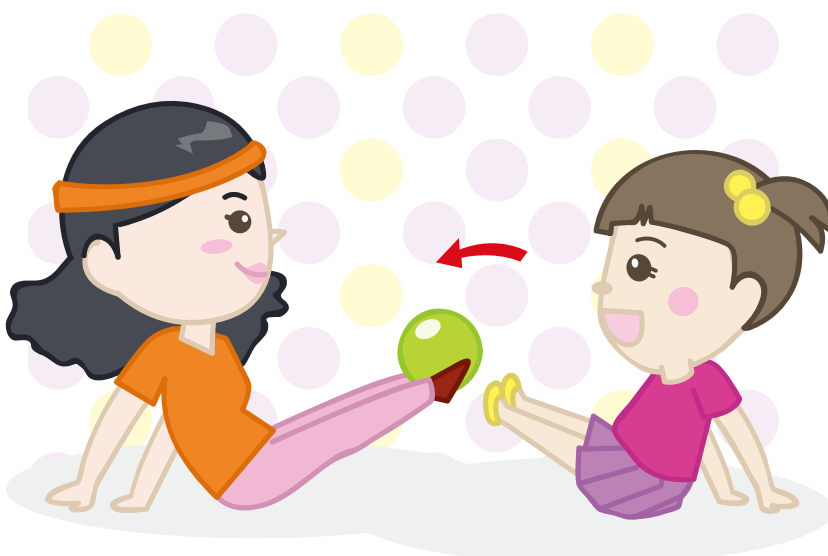


遊戲目標 Game Objectives

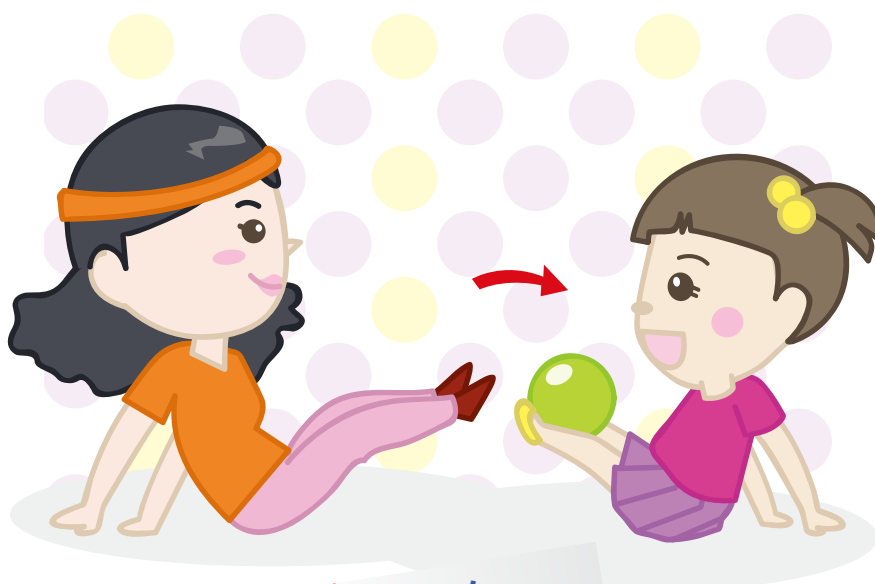
訓練孩子下肢肌肉和協調能力。

To train the lower limb muscles and coordination of children.

遊戲玩法 Game Rules



- 1 爸媽與孩子坐在地上（床褥或墊子亦可）。
Parents and their children sit on the floor (mattress or mat is also acceptable).
- 2 雙手按在地上，用雙腳夾皮球。
Press both hands on the floor and use both feet to clip the ball.



- 3 利用雙腳互相傳球和接球。
Both parties pass and catch the ball with both feet.

遊戲變化 Game Alternatives

1. 用較小的皮球。
1. Use a smaller ball.
2. 交叉雙腳夾皮球。
2. Cross the legs when clipping the ball.





遊戲 7
Game 7

摇摇板 Seesaw



遊戲目標 Game Objectives

訓練孩子的腰力和下肢肌肉。

To train the lumbar and lower limb muscles of children.

遊戲玩法 Game Rules



- 1 爸媽與孩子面對面坐在地上（床褥或墊子亦可）。
Parents sit face to face with their children on the floor (mattress or mat is also acceptable).
- 2 爸媽把雙腳分開，讓孩子的雙腳放在自己雙腳中間。
Parents spread their legs and let their children place their legs in between parents' legs.

- 3 爸媽與孩子手牽手一起伸展。
Parents and the children hold their hands and stretch together.



- 4 跟著節拍，分別向前和向後拉，達致更好伸展效果。
Both parties follow a rhythm to stretch forward and backward in order to attain a better stretching result.



遊戲變化 Game Alternatives

增加彼此的距離。

Increase the distance between both parties.





遊戲 8 Game 8

齊來打保齡

Let Us Play Bowling Together

所需物資 Materials Required

小球、塑膠瓶子
A small ball and plastic bottles.

遊戲目標 Game Objectives

1. 訓練孩子手眼協調能力。
1. To train the hand-eye coordination of children.
2. 訓練孩子的拋投技巧。
2. To train the ball-throwing skill of children.

遊戲玩法 Game Rules



- 1 先讓孩子按他們的喜好排列塑膠瓶子。
Let the children align the plastic bottles according to their preference.

- 2 離開瓶子一段距離，用小球拋向塑膠瓶子以擊倒它們。
Move away from the bottles at a distance and strike down all the plastic bottles by throwing the small ball against them.

- 3 爸媽可與孩子合力把所有瓶子擊倒。
Parents can work with their children and strike down all the bottles together.

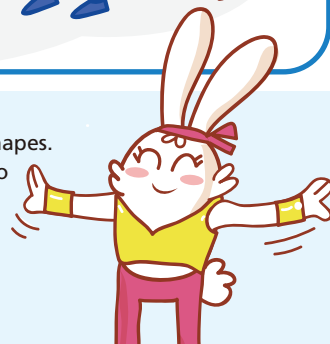


- 4 爸媽亦可與孩子比賽，看看誰能擊倒最多瓶子。
Alternatively, parents can hold a contest with their children to see who could strike down more bottles.



遊戲變化 Game Alternatives

1. 把塑膠瓶子排成不同的形狀。
1. Arrange the plastic bottles into different shapes.
2. 注水於塑膠瓶子中，增加瓶子重量和擊倒的難度。
2. Fill the plastic bottles with water in order to increase the bottle weight and difficulty in striking down the bottles.





遊戲 9 Game 9

拍落葉 Falling Leaves Hitting



遊戲目標 Game Objectives

1. 訓練孩子手眼協調能力。
2. 訓練孩子的反應。

1. To train the hand-eye coordination of children.
2. To train the responsiveness of children.

遊戲玩法 Game Rules



- 1 爸媽手握一些紙碎，並將手舉高。
Parents hold some shredded paper in hand and raise their arms.
- 2 當孩子準備好，爸媽可放手令紙碎慢慢飄下。
As the children are ready, parents can release the shredded paper slowly.
- 3 讓孩子在紙碎掉在地上前，用雙手拍打飄下的紙碎。
Let the children use both hands to hit the falling shredded paper before reaching the floor.



- 4 孩子與爸媽互換角色。
Parents can change the roles with their children.

遊戲變化 Game Alternatives

連續放下多些紙碎，
讓孩子更忙於拍打。

Continuously release more shredded paper, so as
to make children busier in hitting the paper.





遊戲 10
Game

海上的小船

Little Boat On The Sea



遊戲目標 Game Objectives

訓練孩子上肢肌肉。

To train the upper limb muscles of children.

遊戲玩法 Game Rules



- 1 攤開大毛巾，爸媽與孩子各拿著毛巾的一角。
Spread the beach towel and let the parents and children pull a corner of the towel.
- 2 把沙灘球放在毛巾上。
Place the beach ball over the beach towel.



- 3 一起擺動毛巾，讓沙灘球在毛巾上滾動。
Move the towel together and let the ball rolls over the towel.
- 4 嘗試把球分別傳到爸媽和孩子面前。
Try to pass the ball to the front of the parents and children respectively.

遊戲變化 Game Alternatives

1. 在毛巾上放多個球兒。
1. Place several balls over the towel.
2. 控制球兒在毛巾上滾動而不掉在地上。
2. Control over the balls on the towel in order to prevent them from falling down.

