

## 學校午膳營養質素監察圖表 Lunch Monitoring Tool

2014-2015 (學年 /  
Academic Year)

### 填表須知 / Remarks :

- 建議校方每學年進行最少4次，每次選取一週有連續五個上課天作為評估週  
Schools are advised to assess school lunch at least four times in an academic year, each spanning 5 consecutive school days.
- 每月於黃色直列上填上評估各項所得 ✓ 數  
Enter the data in each column marked in the yellow fields with a ✓ .
- 右邊的圖表會自動更新，方便校方與供應商溝通及家長解說學校健康午膳供應進度  
The chart on right side will automatically update, thus facilitating your communication with suppliers and parents on progress of lunch provision.

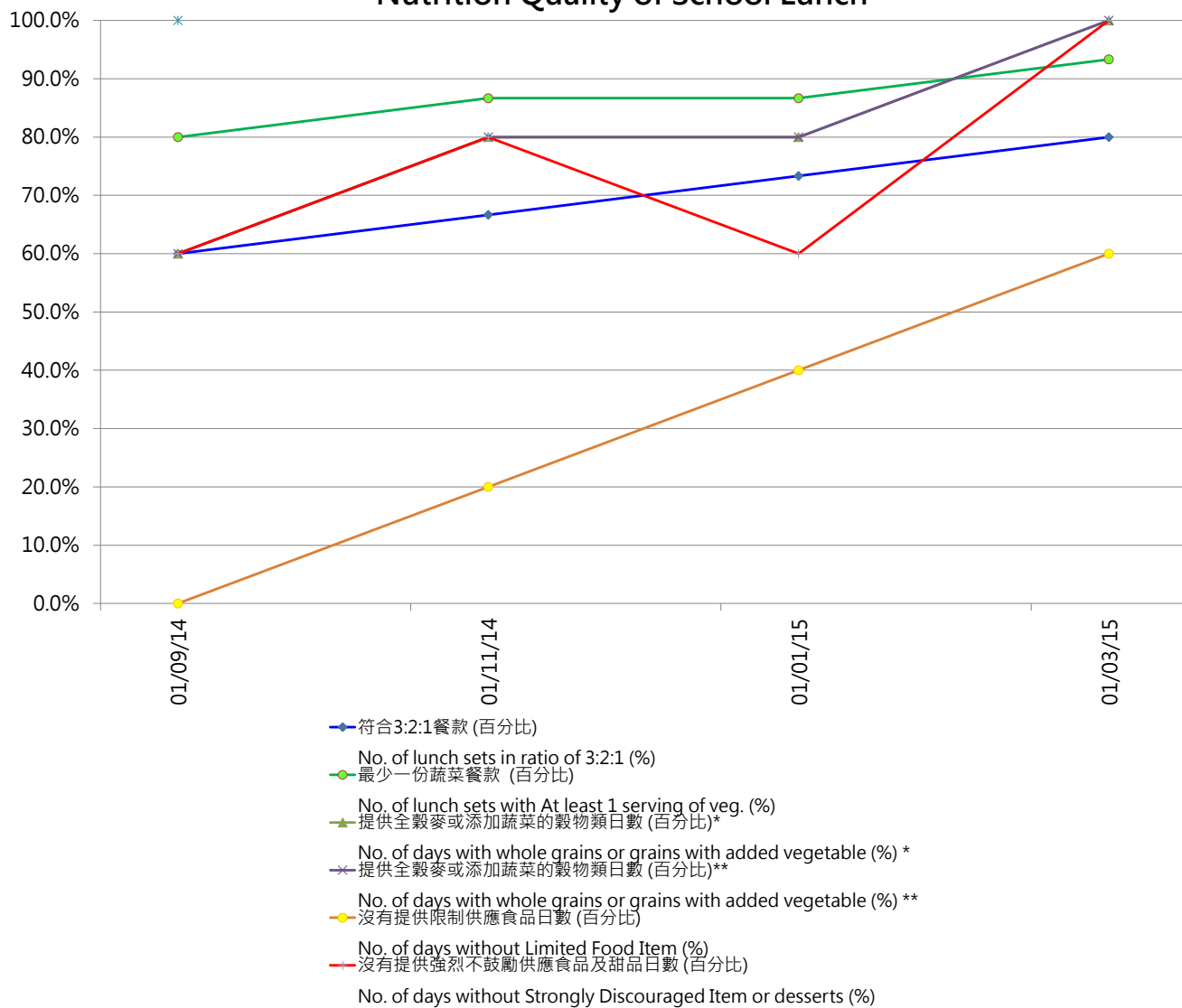
評估日期 Date of Assessment	第一次 1st Evaluation	第二次 2nd Evaluation	第三次 3rd Evaluation	第四次 4th Evaluation
01/09/14	01/11/14	01/01/15	01/03/15	
評估日數 Total number of days of assessment	5	5	5	5
一星期午膳總數 Total number of lunch in one week	15	15	15	15
符合3:2:1 餐款數目 (✓ 數目) No. of lunch sets in ratio of 3:2:1 (no. of ✓)	9	10	11	12
最少一份蔬菜餐款數目 (✓ 數目) No. of lunch sets with At least 1 serving of veggie. (no. of ✓)	12	13	13	14
提供全穀麥或添加蔬菜的穀物類餐款日數 (✓ 數目) No. of Days with whole grains or grains with added vegetable (no. of ✓)	3	4	4	5
沒有限制供應食品日數 (✓ 數目) No. of Days without Limited Food Item (no. of ✓)	0	1	2	3
沒有強烈不鼓勵供應食品及甜品日數 (✓ 數目) No. of Days without Strongly Discouraged Item or desserts (no. of ✓)	3	4	3	5
	01/09/14	01/11/14	01/01/15	01/03/15
符合3:2:1餐款 (百分比) No. of lunch sets in ratio of 3:2:1 (%)	60.0%	66.7%	73.3%	80.0%
最少一份蔬菜餐款 (百分比) No. of lunch sets with At least 1 serving of veg. (%)	80.0%	86.7%	86.7%	93.3%
提供全穀麥或添加蔬菜的穀物類日數 (百分比)* No. of days with whole grains or grains with added vegetable (%) *	60.0%	80.0%	80.0%	100.0%
提供全穀麥或添加蔬菜的穀物類日數 (百分比)** No. of days with whole grains or grains with added vegetable (%) **	60.0%	80.0%	80.0%	100.0%
沒有提供限制供應食品日數 (百分比) No. of days without Limited Food Item (%)	0.0%	20.0%	40.0%	60.0%
沒有提供強烈不鼓勵供應食品及甜品日數 (百分比) No. of days without Strongly Discouraged Item or desserts (%)	60.0%	80.0%	60.0%	100.0%

\*適用於每天供應多於一款穀物類的午膳供應模式 / applicable to schools that serve more than one type of grains in a day.

\*\*適用於每天只供應一款穀物類的午膳供應模式 / applicable to schools that serve only one type of grains in a day.

## 2014-2015 學校午膳營養質素

### Nutrition Quality of School Lunch



\*適用於每天供應多於一款穀物類的午膳供應模式 / applicable to schools that serve more than one type of grains in a day.