

# 我愛水果選擇多

## Enjoy Fruit Enjoy the Variety

我們都知道，水果含豐富的水分、維生素、礦物質和膳食纖維，有助保持身體健康。水果的種類繁多，一年四季均有供應，相信必有一款合你心意。

林林總總的水果，你又了解多少？現在就考考你！

**Fruit is rich in water, vitamins, minerals and dietary fibre and is thus very good for health. As fruit is available in a large variety in every season, there must be a kind that appeals to you!**

**Among such a great variety of fruits, how much do you know about them? Test yourself now!**

溫馨提示：

由於沒有單一水果能提供身體需要的所有營養素，因此為自己及家人健康着想應，除了每人每天吃足夠分量（即最少兩份）外，也多除進食不同種類的水果，使飲食更均衡和多元化！

**Gentle reminder:** No single kind of fruit can provide human body with all essential nutrients. So, eat not only an adequate amount of fruit every day (i.e. at least two servings a day), but also as many kinds of fruit as possible, so as to attain a balanced and diversified diet! Do this for the sake of your health, and remind your family to do the same!

### 漿果類 Berries

例子  
Examples

士多啤梨、藍莓、紅莓、紅桑子、提子、柿子和奇異果等  
strawberries, blueberries, cranberries, raspberries, grapes, persimmons and kiwifruits.

特色  
Features

果肉幾乎全部是漿質，柔軟多汁。  
Their flesh is soft and juicy, and mostly composed of a thick juice.

有趣小知識  
Interesting facts

保鮮期較短，沖洗後容易變壞。宜存放於冰箱內，進食前一刻才清洗。  
Berries have a short shelf life and go bad easily after being rinsed. They should be kept in the fridge and only be washed shortly before you eat them.



### 柑橘類 Citrus fruits



例子  
Examples

橙、檸檬、青檸、西柚、柚子和柑橘  
Oranges, lemons, limes, grapefruits, pomelos and mandarins.

特色  
Features

外皮厚軟，含油胞，果肉多汁並形成果瓣。  
Covered by thick but soft outer skin, which contains oil glands. The flesh is juicy and often appears in segments.

有趣小知識  
Interesting facts

多含豐富維生素C和膳食纖維，有助傷口癒合及預防便秘。  
Usually rich in vitamin C and dietary fibre, good for wound healing and prevention of constipation.

## 核果類 Drupes

例子  
Examples

杏桃、水蜜桃、桃駁李、布林、車厘子和西梅  
Adf]Mhgz dYUMYgz bYVMF]bYgz d'i a gZ'WYff]Yg  
UbX d'fi bYg

特色  
Features

又名「石頭」水果，外皮薄，果肉肥厚多汁，內有硬核包着一顆種子。  
Also known as 'stone fruits', drupes have a thin skin (exocarp), thick and juicy flesh, and a hard stone that encloses a seed.

有趣小知識  
Interesting facts

除膳食纖維外，也含豐富的果糖，為身體提供熱量。  
Not only rich in dietary fibre but also fructose, providing the human body with energy.



## 梨果類 Pomes

例子  
Examples

蘋果、梨子、楊桃和枇杷  
Apples, pears, starfruits and loquats

特色  
Features

花托發育成肥厚的果肉，果心裏面包着種子。  
The receptacle of a pome develops into a rich layer of flesh while the endocarp forms the core, which contains seed(s) inside.

有趣小知識  
Interesting facts

多屬高膳食纖維類別，有助腸道蠕動及預防便秘。  
Their high fibre content promotes bowel movement and prevents constipation.



## 瓜果類 Melons

例子  
Examples

西瓜、蜜瓜和哈密瓜  
Watermelons, honeydew melons and hami melons.

特色  
Features

果皮成堅硬的外殼，果肉為漿質，甜美多汁。  
The outer skin turns into a firm rind when ripen. Their flesh is sweet and juicy.

有趣小知識  
Interesting facts

含豐富的水分，是消暑解渴的佳品。  
Excellent thirst-quenchers that are rich in water content.



## 熱帶水果 Tropical fruits

例子  
Examples

菠蘿、香蕉、木瓜、山竹、紅毛丹、荔枝、龍眼、芒果、火龍果和蓮霧  
Pineapples, bananas, papayas, mangosteens, rambutans, lychees, longans, mangoes, dragonfruits and wax apples.

有趣小知識  
Interesting facts

部分熱帶水果含豐富的鉀質和膳食纖維，有助穩定血壓和預防便秘，對心臟及腸道有益。  
Some tropical fruits are rich in potassium and dietary fibre, which help stabilise blood pressure and prevent constipation, thus they are good for the heart and bowels.

特色  
Features

生長於赤道附近的熱帶地區，種類繁多，大多甜美多汁。  
Grown in tropical regions, which are next to the equator. Because of the characteristics of the climate, tropical regions are home to a great variety of juicy fruits.



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