

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、礦物質和膳食纖維等多種營養素，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 come in a wide variety every season, there must be one that appeals to you!

How much do you know about fruits?
Test yourself now!

溫馨提示 Gentle Reminder

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，除了每人每天吃足夠分量外，也應多進食不同種類的水果，使飲食更均衡和多元化！

No single kind of fruit can provide human body with all essential nutrients. To attain a balanced and diversified diet, you should eat not only an adequate amount of fruit every day, but also as many kinds of fruit as possible! 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。

Strawberries, blueberries, cranberries, raspberries, grapes, persimmons and kiwi fruits.

特色 Features

果肉幾乎全部是漿質，柔軟多汁。

Their pulp is soft, juicy and almost completely pulpy.

有趣小知識 Interesting Facts

保鮮期較短，沖洗後容易變壞。宜存放於雪櫃內，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 right before you eat them.



核果類 Drupes

例子 Examples

杏桃、水蜜桃、桃駁李、布祿、車厘子和西梅。

Apricots, honey peaches, nectarines, plums, cherries and prunes.

特色 Features

又名石頭水果，外皮薄，果肉肥厚多汁，內果皮形成硬核並包着一顆種籽。

Also known as stone fruits, drupes have thin outer skin (epicarp), thick and juicy pulp, and a hardened endocarp that surrounds 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。

Drupes are rich in dietary fibre and fructose, providing the human body with energy.

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，果肉多汁並呈瓣狀。

Citrus fruits have thick but soft rind, which contains oil glands in pits. The pulp is juicy and often appears in segments.

有趣小知識 Interesting Facts

含豐富的維生素C和膳食纖維，有助傷口癒合及預防便秘。

Citrus fruits are usually rich in vitamin C and dietary fibre. They are good for wound healing and prevention of constipation.





梨果類 Pomes

例子 Examples

蘋果、梨、楊桃和枇杷。
Apples, pears, star fruits and loquats.

特色 Features

花托發育成肥厚的果肉，果心裏面有種籽。
The receptacle of a pome develops into a fleshy pulp; the endocarp forms the hard core, which contains seeds inside.

有趣小知識 Interesting Facts

含豐富的膳食纖維，有助腸道蠕動及預防便秘。
Pomes are rich in dietary fibre, which promotes bowel movement and prevents constipation.



熱帶水果 Tropical Fruits

例子 Examples

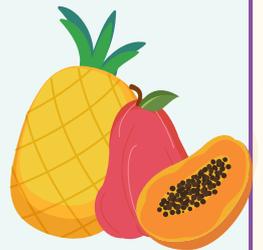
菠蘿、香蕉、木瓜、山竹、紅毛丹、荔枝、龍眼、芒果、火龍果和蓮霧。
Pineapples, bananas, papayas, mangosteens, rambutans, lychees, longans, mangoes, dragon fruits and wax apples.

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。
Tropical fruits are grown in tropical regions around the equator. Because of the characteristics of the climate, tropical regions are home to a great variety of sweet and juicy fruit.

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. They are good for the heart and bowels.



瓜果類 Melons

例子 Examples

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

特色 Features

果皮在成熟時形成堅硬的外殼，果肉為漿質，甜美多汁。
When melons are ripe, the outer skin turns into a hard rind. The flesh is pulpy, sweet and juicy.

有趣小知識 Interesting Facts

含豐富的水分，是消暑解渴的佳品。
Water-rich melons are excellent thirst-quenchers.



開心「果」貼士 Joyful Fruit Tips

家長不妨多花心思，讓孩子發掘吃水果的樂趣，如：
Parents can try to be more creative to help children discover the joy of eating fruit. Some examples are to:

- ✔ 教導孩子水果與顏色的關係（如紅色蘋果、綠色提子）。
Use fruit to teach colours (e.g. red apples, green grapes).
- ✔ 利用顏色及形狀不同的水果，拼出美麗的圖案，再將圖案串連故事，給予孩子豐富的創作空間。
Build beautiful patterns with fruit of different colours and shapes for storytelling, so as to give children more scope for creativity.
- ✔ 教導孩子一些與水果有關的童謠，唱出吃水果的好處（如排排坐、「日食一蘋果，醫生遠離我」）。
Teach children to sing nursery rhymes about the benefits of fruit (e.g. an apple a day keeps the doctor away).
- ✔ 帶孩子到超市或市場，讓他們認識不同種類的水果。
Teach children about different types of fruit at supermarkets or markets.
- ✔ 給孩子吃時令水果，同時講解四季特色或傳統節日的故事。
Tell children stories about seasons and festivals when giving them seasonal fruit at different times of the year.

