

水果日記

Fruit Diary



姓名
Name

學校
School

班級
Class



<https://school.eatsmart.gov.hk>



衛生署
Department of Health



2至5歲的兒童每天須進食 最少一份水果

Children aged 2 to 5 years should consume
at least one serving of fruit every day



星期一
Monday

星期二
Tuesday

星期三
Wednesday

星期四
Thursday

星期五
Friday

星期六
Saturday

星期日
Sunday

第一週
Week 1

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天天食水果



第二週
Week 2

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天天食水果



第三週
Week 3

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天天食水果



第四週
Week 4

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天天食水果

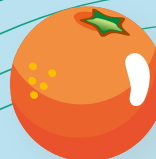


進食水果，值得讚！

(請於空格貼上貼紙)

You have taken a fruit, excellent!

(Please put a sticker in the circle)



半碗水果塊

half bowl of
cut-up fruit



2個小型水果

2 pieces of
small-sized
fruit



『1份水果』約等於...
“One serving of fruit” is
approximately equivalent to:

1個中型水果

1 piece of
medium-sized
fruit



半個大型水果

half piece of
large-sized
fruit



1湯匙不含
添加糖或鹽的乾果

1 tablespoon of
dried fruit without
added sugar or salt



四分之三杯不含
添加糖的純果汁*

$\frac{3}{4}$ glass of
pure fruit juice*
without added sugar



備註：1湯匙 = 15毫升 1碗 = 約250 - 300毫升 1杯 = 240毫升

Remark: 1 tablespoon = 15ml 1 bowl = 250 - 300ml 1 glass = 240ml

*與原個水果比較，純果汁的糖分含量較高，但膳食纖維較低，你的孩子應多進食原個水果以達致建議的每天水果攝取量。此外，飲用多於180毫升的純果汁也只會當作一份水果計算。

Compare to a whole fruit, pure fruit juice contains less dietary fibre but a much higher sugar content. Your child is advised to eat whole fruit to meet the recommended daily serving. Besides, it is worth noting that consuming pure fruit juice in excess to $\frac{3}{4}$ glass (180ml) would still be counted as taking one serving of fruit only.

