

水果日記

Fruit Diary



姓名
Name

學校
School

班別
Class

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



2至5歲的幼兒每天應進食 最少一份水果

Young children aged 2 to 5 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

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|



第二週
Week 2

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|



第三週
Week 3

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|



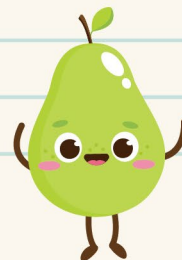
第四週
Week 4

| | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|



每天進食水果後，請在適當的空格上貼上
「水果貼紙」！

Please put a "Fruit Sticker" on appropriate
space after consuming fruit every day!



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*
¾ 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

Remarks: 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，每天飲用多於¾杯（180毫升）的純果汁也只會當進食一份水果計算。

* 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 fruit intake. Besides, it is worth noting that consuming pure fruit juice in excess to ¾ glass (180 ml) would still be counted as taking only one serving of fruit on the same day.