

蔬果日記

Fruit and Vegetable Diary

姓名
Name

學校
School

班級
Class

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



2至5歲的幼兒每天應進食 最少1份水果及1.5份蔬菜

Young children aged 2 to 5 should consume at least 1 serving of fruit and 1.5 servings of vegetables 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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第二週
Week 2

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第三週
Week 3

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第四週
Week 4

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每天進食蔬果後，請在適當的
空格上貼上「蔬果貼紙」！

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



『1份水果』約等於...

“One serving of fruit” is approximately equivalent to:

半碗水果塊
half bowl of
cut-up fruit



2個小型水果
2 pieces of
small-sized fruit



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



四分三杯不含
添加糖的純果汁*
¾ glass of pure
fruit juice*
without
added sugar



『1份蔬菜』約等於...

“One serving of vegetables” is approximately equivalent to:

1碗未煮熟的沙律菜
〔如生菜、芝麻菜（火箭菜）〕
1 bowl of uncooked salad vegetables
(e.g. lettuce, arugula (rocket))



半碗煮熟的瓜菜或菇菌〔如菜心、
芽菜、茄子、紅蘿蔔、蜜糖豆、金菇〕

Half bowl of cooked vegetables, melons/squashes/
gourds or mushrooms (e.g. flowering Chinese
cabbage (choy sum), bean sprouts, eggplant,
carrot, sweet pea, needle mushroom)



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 3/4 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 worths 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.