

# 致家長 To Parents

## <齊帶水果上學去> 至豐貼士 Tips of bringing fruit to school

眾所周知，均衡飲食加上進食足夠蔬果能增加健康儲備，所以六至十二歲的學童每天應進食至少兩份水果。但學童白天上學，下課後要在僅餘的時間內吃下建議分量的水果實在不容易。最好的方法，就是安排孩子帶水果上學！以下給家長一些提示：

An adequate amount of fruit and vegetables within a balanced diet are good for health. Therefore, children aged six to twelve should have at least two servings of fruit every day. However, it's not easy to meet the recommended servings in the remaining time after school. For this reason, parents are encouraged to ask their children to bring fruit to school. Here are some tips for parents:

### 帶水果上學的好處 The advantages of bringing fruit to school

- ✓ 水果可以取代不健康的小食。  
Fruit can replace unhealthy snacks.  
訓練自理能力。  
Children can train self-care skills.

- ✓ 連皮進食水果可增加膳食纖維的攝取，並能加強咀嚼能力。  
Eating fruit with skin can increase dietary fibre intake and strengthen the chewing muscles.

### 1 原個水果 天天吃 Bring a whole fruit to school every day



- ✳ 水果在水龍頭下沖洗後抹乾，然後放進清潔乾爽的食物儲存盒或儲存袋。  
Wash fruit under a running tap, wipe dry and pack into clean and dry food storage boxes/bags.

- ✳ 保鮮期較短的水果，如士多啤梨、藍莓，經沖洗便較易變壞，所以要存放於雪櫃內，進食前一刻才清洗。  
Some fruits such as strawberries and blueberries have a shorter shelf life and go bad more easily after being rinsed. They should be kept in the fridge and only be washed shortly before you eat them.

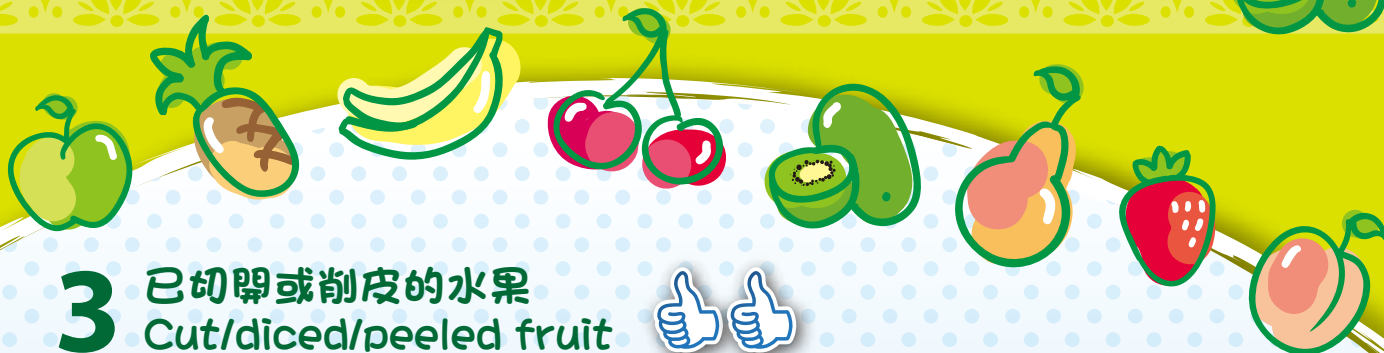


## 2 乾果 Dried Fruit



提子乾、藍莓乾、無花果乾、杏脯乾、西梅乾、士多啤梨乾、奇異果乾  
Raisins, dried blueberries, dried figs, dried apricots, dried prunes, dried strawberries, dried kiwi

- ✱ 膳食纖維含量與新鮮水果相若，但經乾燥程序後，維生素C會有所流失。  
Their dietary fibre content is similar to that of fresh fruit. However, there will be loss of vitamin C during the drying process.
- ✱ 選擇沒有添加糖或鹽的乾果。  
Choose dried fruit without added sugar or salt.



## 3 已切開或削皮的水果 Cut/diced/peeled fruit



- ✱ 切水果或削皮時要注意清潔衛生。  
Observe hygiene when cutting or peeling fruit.
- ✱ 可灑上檸檬汁以避免果肉因氧化而變色。  
Sprinkle lemon juice on fruit to prevent discoloration due to oxidation.
- ✱ 切開或削皮後必須於四小時內進食，否則便要丟棄。  
Finish eating within four hours or else discard the leftover.

