



致家長  
To Parents

齊帶水果上學去

# 至「營」貼士

Tips on Bringing Fruit to School



均衡飲食加上進食足夠蔬果對健康有益，因此六至十二歲的學生每天應進食最少兩份水果。學生白天上學，下課後要在僅餘的時間內吃下兩份水果實在不容易。要確保孩子每天進食足夠水果，最好的方法就是安排他們帶水果上學！以下是給家長的一些貼士：

Having an adequate amount of fruit and vegetables as part of a balanced diet is good for health. Therefore, children aged six to twelve are recommended to have **at least two servings of fruit** every day. As children have to go to school during the daytime, it's not easy for them to eat two servings of fruit during the remaining time of the day. To ensure that children eat sufficient fruit every day, the best way is to ask them to bring fruit to school. Here are some tips for parents:



## 帶水果上學的好處

### The Advantage of Bringing Fruit to School



水果可以取代不健康的小食。  
Fruit can replace unhealthy snacks.



讓孩子訓練自理能力。  
Children can train self-care skills.



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



## 原個水果 天天吃

### Eat a Whole Fruit Every Day



在水龍頭下沖洗水果，抹乾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.





## 乾果 Dried Fruit



例子：提子乾、藍莓乾、無花果乾、杏脯、西梅乾、士多啤梨乾、奇異果乾。

Examples: Raisins, dried blueberries, dried figs, dried apricots, dried prunes, dried strawberries, dried kiwi fruit



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。

The dietary fibre content of dried fruit 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**.



## 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 discolouration due to oxidation.



切開或削皮後必須於四小時內進食，否則便要丟棄。

Fruit should be **eaten within four hours** after cutting or peeling, or else discarded.



## 家長如何幫助孩子養成每天吃水果的習慣？ How can parents help children develop the habit of eating fruit every day?



帶同孩子選購喜愛的水果。

Buy children's favourite fruit with them.



營造愉快氣氛，與孩子一起享用水果。

Create a happy atmosphere when eating fruit with your children.



選購多種類水果。

Buy a wide variety of fruit.



讓孩子一起準備帶回學校吃的水果。

Get children involved in preparing fruit for them to bring to school.

