



東華三院

Tung Wah Group of Hospitals

東華三院李賢義伉儷幼兒園

Tung Wah Group of Hospitals Mr. & Mrs. Lee Yin Yee Nursery School

做個健康精明好爸媽

Be a Smart Dad and Mum

要建立小朋友良好的體魄，健康的飲食習慣是不可缺少的一環。不良的飲食習慣不但會引致營養不良，更有機會導致各種健康問題，例如肥胖、營養不良、蛀牙和糖尿病等。有見及此，今期雙月刊分享些簡單親子食譜，希望家長能透過親子烹飪讓孩子認識不同的食材、建立親子互動關係，同時避免小朋友偏食和建立良好的飲食習慣。

Unhealthy eating habits may not only lead to malnutrition, but they may also lead to other health problems such as obesity, diabetes and heart diseases. In view of this, we prepared a kid-friendly and easy recipe guide of our School News. These recipes help children learn about a variety of ingredients, establish a parent-child interaction relationship, and at the same time avoid picky eating and develop good eating habits through cooking with their parents.



幼兒飲食知多D Know more the Children's Diet



邊玩邊吃可以增進幼兒食慾？

Do children have better appetite if they

邊玩邊吃絕對不當，不但令幼童分心，更令他們不知不覺地過量進食，增加過重和肥胖風險。It is certainly not appropriate to eat and play at the same time. Not only does it distract young children at the dining table, but it also makes them eat too much without being aware of it. This leads to a higher risk of overweight and obesity.



為什麼幼兒進食晚飯後仍有餓意？

Why children still hungry after dinner?



如幼兒進食晚飯後仍有餓意，可能是由於他們在日間有較多體能活動，消耗較多熱量，以致晚餐的分量不足以果腹。家長可額外添加穀物類和蔬菜類食物，以補充他們所需熱量，但不宜提供額外的肉、魚、蛋及代替品的食物，因為這些食物的脂肪和熱量較高，若進食過量，有機會增加幼兒肥胖的風險；另外，肉類、蛋類等食物較難提供飽肚感，較難幫助幼兒學習「飽要停」的良好飲食習慣。

If young children still feel hungry after dinner, maybe it is because they had a larger volume of physical activity in the afternoon and burned more energy than usual. The regular portion of the dinner is not enough for them to fill stomach. In this case, you can give them extra grains and vegetables to replenish the energy lost. However, it is not advisable to offer extra meat, fish or egg and alternatives as these foods are higher in fat and energy, overconsumption of which may increase the risk of obesity. In addition, as it takes a rather high level of consumption of meat, egg, etc. to achieve satiety, providing such foods may make it difficult for young children to learn the good eating habit of "stopping when full".

幼兒吃飯總是吃得很慢或含着不吞，該怎麼辦？

Young children eat too slowly or do not swallow food. What should I do?



幼兒吃飯如果老是吃得慢吞吞，背後或有不同原因，例如飯菜不合口味、食物太硬、太乾、太大塊或分量太多、幼兒已經吃飽。因此，家長應先找出原因，對症下藥才是上策。

There can be many reasons why young children eat too slowly. For example, they may find the food unpalatable, too hard or too dry, the food piece size too big or the meal portion size too large, or they are already full. To address the issue, parents should first find out the reason.

小貼士 Hips

1. 正餐時，給幼兒合適分量的食物。

When having a main meal, give young children the right portion size of food.

2. 嘗試把食物切碎一些或煮軟一點。

The food can be cut into smaller pieces or cooked longer until tender.

3. 飯前至少 1.5 小時開始停止供給小食、零食或飲品，以免影響胃口。

Stop giving them snacks or drinks at least 1.5 hours before a main meal to avoid spoiling their appetite.

4. 當幼兒吃飯時表現良好，家長可稱讚他們，以示鼓勵。

When children behave well during a meal, parents can praise them as a sign of encouragement.

5. 餐前宜收起玩具，並關掉電視及其他電子屏幕產品（例如電腦、電腦遊戲、電子書或雜誌、平板電腦）。

Put toys away and switch off the TV and other electronic screen products (e.g. computers, computer games, e-books or -magazines and tablets) beforehand.