



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

家長通訊雙月刊 (2022/ 11 月)

School News (2022/Nov)

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.

一口蝦沙拉脆米餅

Shrimp Salad Crispy Rice Crackers

Serves

5-6 人



圖片來自: Cook 1 Cook

食材 Ingredients

急凍蝦仁	Frozen shrimp	200 g
米餅	Rice crackers	10 (塊)
牛油果	Avocado	1(個)
蘋果	Apple	1(個)
沙拉醬	Mayonnaise	適量 (as you
*(Wasabi Mayonnaise 日式芥辣沙拉醬)		



烹調步驟 Cooking Method

1. 蘋果切粒後，浸一下鹽水，再瀝乾。(防氧化)
After dicing the apples, soak them in salt water and drain. (Anti-oxidation)
2. 牛油果切粒，榨一點檸檬汁。(防止氧化變色)。
Dice the avocado and squeeze a little lemon juice. (prevent oxidation discoloration)
3. 急凍蝦仁去腸，解凍後，熱水加一茶匙鹽，汆水約 1 分鐘，轉色剛熟，放冰水完全降溫，再用廚房紙吸乾水份。
Remove the intestines from the frozen shrimp. After thawing, add a teaspoon of salt to the hot water. Boil the shrimp for about 1 minute. Put in ice water to cool down completely, and then use kitchen paper to absorb the water.
4. 將所有材料加入原味沙拉醬拌均。
Add original salad into all the ingredients and mix well.
5. 把沙拉材料放在米餅上。
Put the salad on the rice crackers.



聖誕帽子 Christmas hat

Serves
5-10 人
分量



圖片來自: Facebook 專頁「[港台混血小暴龍](#)」

食材 Ingredients

士多啤梨 strawberries 10(粒)

香蕉 bananas 1 (條)

迷你棉花糖 mini marshmallows / 藍莓 blueberry 10(粒)



烹調步驟 Cooking Method

1. 將士多啤梨及藍莓洗淨，香蕉切片。

Wash the strawberries and blueberries, and slice the bananas



2. 順序穿入細粒棉花糖/藍莓、士多啤梨及香蕉片

Thread in fine-grained marshmallows/blueberries, strawberries, and sliced bananas in order



餃子皮迷你薄餅 Mini pizza

Serves

3-4 人

分量



圖片來自：手殘廚房

食材 Ingredients

圓形水餃皮 dumpling wrapper(circle shape) 24 片/半斤

(*可以麵包取代 can be substituted with bread)

菠蘿片 Sliced Pineapple in Syrup (細) 1 罐

粟米粒 Kernel Corn 半罐

火腿 Ham 5 片

番茄醬 ketchup (細) 半樽

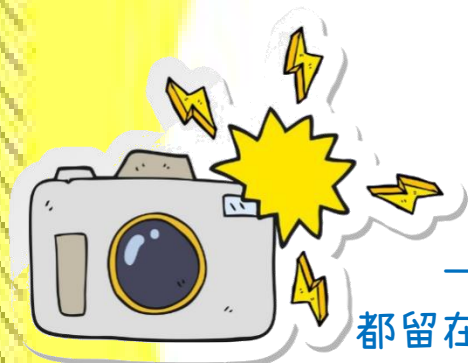
芝士碎 約 30g



烹調步驟 Cooking Method

1. 所有配料洗淨/隔水/切粒。
Wash/waterproof/cut all ingredients.
2. 將番茄醬在餃子皮上塗勻。
Spread the tomato sauce evenly on the dumpling wrapper.
3. 按個人喜好，將配料平均鋪滿餃子皮上。
According to personal preference, spread the ingredients evenly on the dumpling wrapper.
4. 灑上芝士碎。
Sprinkle with grated cheese.
5. 放入焗爐 180 度 C，焗 25 分鐘至芝士溶化變成金黃色。
Put it in the oven at 180° C and bake for 25 minutes until the cheese melts and turns golden brown.





一年一度聖誕節即將來臨。受疫情影響，家長和小朋友都留在家中歡度佳節。家長們不妨與小朋友一同製作聖誕小食，製造親子時光。為大家介紹幾款 DIY 聖誕小食，希望大人小朋友都鍾意啦！

歡迎家長在假日期間與小朋友一起製作，並拍照留下紀念。同時鼓勵家長拍下製作過程和製成品的相片 WhatsApp 66585680 或電郵與我們分享。

Christmas is coming. Affected by the epidemic, Parents and children are staying at home to celebrate this festive season. Parents would try to make Christmas snacks with your children for creating the Parent-Child time. Let's me introducing some DIY Christmas snacks, I hope all of you like it!

Try to make it together with your children during the holidays, and take photo of the production process and photo of the products. Please share them with us on WhatsApp 66585680.



好吃的果醬麵包 Yummy Jam Bread

幼初班花絮

Photo of N1 Class

我們會用膠刀將果醬搽麵包，邊玩邊食。又能訓練我們的小手肌動作，也能建立我們的自信心。看！我們很享受活動帶給我們的樂趣！

We can use a knife to spread the jam on the bread and eat while playing. It can also train our Fine motor muscles and build our self-confidence. Look! We enjoyed the activity a lot!



自己做的果
醬麵包真好吃
Our handmade
jam bread is
delicious!



探索食物顏色及製作檸檬蜜

Exploring Food Colors and Making Honey Lemon

幼兒班花絮

Photo of K1 Class

我們發現了藍莓、橙、車厘茄和糖果的顏色都有不同，而且與老師製作了檸檬蜜，酸酸甜甜的很美味！

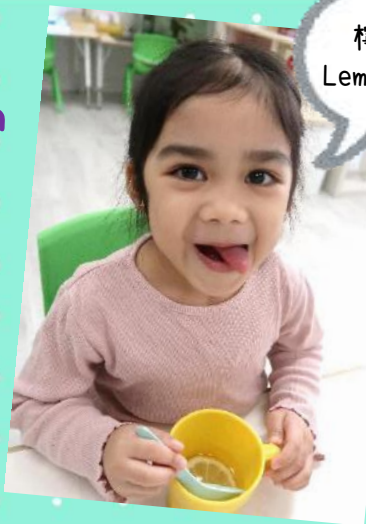
We explored the colors of blueberries, oranges, tomatoes and candy. In addition, we made the lemon honey with teachers. It is sour and sweet!

橙汁係橙色。

Orange juice is orange.



製作檸檬蜜 Making Honey Lemon



檸檬好酸。
Lemon is sour.



Honey



製作溫馨小寶盒

Making my own jewelry box

低班花絮

Photo of K2 Class



為了籌款，我們在分組活動中製作了不同的圖工，在大大的寶盒貼上小小的七彩馬賽克，好可愛！
We made beautiful jewelry box with different color of stone during the art activities!

我們期待 Shambhavi 同 Yashawini 返回香港。
We look forward to the return of Shambhavi and Yashawini to Hong Kong. We miss you so much.



校園每一天 My School life

高班花絮

Photo of K3 Class

高班生活展開了，我們樂於參與不同的活動，如：小食嘗試、角落活動、音樂活動等，我們的校園生活多麼精彩。

We are willing to participate in different activities, such as: cooking activities, corner activities, music activities, etc. Our school life is very exciting.



活動回顧 Activity Review

中秋節慶祝會 Mid-Autumn Festival Celebration



活動回顧 Activity Review

趣怪扮演日 Funny Dressing Day (28-10-2022)



全園活動預告

Activities Notices

3/11/2022	歡樂滿東華】籌款活動 2022~義賣日 Tung Wah Charity Gala 2022
7/11/2022	11 月份生日會 Birthday Party (November)
8/11/2022	幼初班及幼兒班親子秋季旅行 NK1 School Picnic
10/11/2022	低班親子秋季旅行 K2 School Picnic
10/11/2022	高班秋季遊「西貢獅子會自然教育中心」 K3 autumn tour "Lions Nature Education Centre"
12/11/2022	2223 新入學兒童個別接見家長會 2223 Parent's Meeting for new enrolled children
23/11/2022	小童軍宣誓 The Ceremony of Scout Oath
24/11/2022	感恩節活動 Thanksgiving Day Activity
29/11/2022	低班及高班參觀玩具圖書館 K2K3 Visit the Toys Library
2/12/2022	預防流行性感疫苗注射計劃(2022/23) Influenza Vaccination Program(2022/23)
2/12/2022	「尋找香港好去處」認識香港離島的特色(非華語家長活動) Search for good places in Hong Kong - Relax Tour in Cheung Chau (Non-Chinese Parents Activity)
3/12/2022	教師發展日 (校舍如常保持開放) Teacher Development Training Day (school remain open)
5/12/2022	12 月份生日會 Birthday Party (December)
23/12/2022	聖誕匯演 2022 Christmas Show 2022
24/12/2022- 31/12/2022	聖誕節假期 Christmas Holiday