

活學、活用

如美國、加拿大、澳洲及新西蘭的各現代城市一樣，香港已將營養資料標籤制度納入本地的法例。現時，我們購買的預先包裝食物，都已在包裝上列明了營養成分，亦會依據特定條件而適當地標示營養聲稱。營養標籤正逐漸成為我們飲食習慣的一部分，並讓我們作出明智的選擇、預防疾病及保持身體健康。就讓我們一同活學、活用，分享在日常生活中使用營養標籤的好處。



獎勵計劃

「活學活用營養標籤獎勵計劃」已於二零一零至一一學年展開。「獎勵計劃」由食物環境衛生署食物安全中心（中心）聯同教育局合辦及家庭與學校合作事宜委員會協辦，目標是鼓勵學生積極參與營養標籤相關的推廣活動，以養成及加強運用營養資料，實踐健康飲食的習慣。

參加學生可以充份發揮他們在籌劃和執行推廣活動的能力。

本「獎勵計劃」著重以下各點：

- 推廣活動應生活化，創新的活動尤佳
- 推廣活動應鼓勵推廣對象活學活用營養標籤
- 信息的準確性及有效性
- 有效運用活動模式
- 過程中團隊合作性、推廣對象的參與人數等

齊來參與

由即日起至二零一一年一月十五日接受報名。報名時請提供學校、隊伍、指導老師、學生代表的資料，以及推廣活動的構思。報名表可從食物安全中心網址下載。



參加隊伍將獲分發活動資料套，以及由中心及/或專業伙伴擔當導師從旁協助。每校參加隊數不限，每組核心人數不得超過十人。參加組別分初級組（中一至中三）及高級組（中四或以上）。

頒獎典禮將於七月初舉行。金獎、銀獎、銅獎及優異獎連同禮品/獎狀將頒發給得獎的隊伍及個別學生。所有完成「獎勵計劃」之學生均可獲參加證書，以資鼓勵。

更多資料

網址：<http://www.nutritionlabel.gov.hk>

查詢：2381 6513（于先生）

Live it, Use it

Nutrition Labelling Promotion Award Scheme 2010/11



Live it, Use it

Hong Kong is among the modern cities such as those in the United States, Canada, Australia and New Zealand where nutrition labelling scheme has been included in the local law. Nowadays, we can buy prepackaged foods that have on their labels their nutrition contents, as well as nutrition claims that meet the set of well-defined conditions.

Nutrition labelling is becoming part and parcel of our eating experience for making wiser choice, preventing diseases and staying healthy. Live it, use it, let us share the benefit of using nutrition labelling in our everyday life.



The Award Scheme

The "Live it, Use it" Nutrition Labelling Promotion Award Scheme has been launched in the academic year 2010/11.

The Award Scheme is jointly organised by the Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department and the Education Bureau, and supported by the Committee on Home-School Co-operation. It aims at encouraging students to more actively promote nutrition labelling for developing and consolidating healthy eating habits through the use of nutrition information.

Participating students can fully utilize their potential in planning and implementing promotional activities.

Emphases of the Award Scheme include:

- Focussing on relevance to application in daily life, bearing innovation in mind;
- Cultivating the habit of using nutrition labelling in practical setting;
- Effective delivery of message;
- Effective use of the various modes of activity; and
- Team spirit and scale of participation, etc.

Share the Fun

Enrollment opens from now on until January 15, 2011. Please provide the particulars of the school, team, teacher and student representative, as well as a simple outline of the intended programmes. Enrolment form can be downloaded from the CFS website.

Enrolled teams will receive a resource package together with mentoring provided by the CFS and/or her professional partners. A school may form more than one team while each should consist of not more than ten core secondary school students, and enrolled into either Junior Group (F.1 to F.3) or Senior Group (F.4 or above).

An award ceremony will be held in early July. Gold, Silver, Bronze and Merit Prizes will be granted with gifts/certificates for the group and individuals. All participants who have completed the Award Scheme will be given a certificate of participation.

Know more

Website: <http://www.nutritionlabel.gov.hk>

Enquiries: 2381 6513 (Mr Yu)

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營養標籤獎勵計劃

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