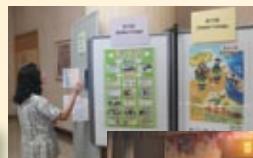


活學、活用

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，幫助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所帶來的好處。



活動的能力，透過推廣活動服務同學及/或社會、從中建立自信及加強溝通技巧。

本「獎勵計劃」著重以下各點：

- 生活化
- 鼓勵活用營養標籤
- 信息準確及有效
- 以客觀的評估方法改善日後活動
- 創新
- 推廣範圍及推廣對象的參與度

齊來參與

「獎勵計劃」分兩階段接受報名。第一階段報名由二零一二年十月三日至十一月三十日，第二階段報名至二零一二年十二月三十一日止。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，並由中心提供培訓。中心亦會按活動內容給予資源作配合。每校參加隊數不限，每組核心人數不得超過十人。參加組別分初中組（中一至中三）及高中組（中四或以上）。

頒獎典禮將於二零一三年七月舉行。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：3962 2066

計劃特點

「活學活用營養標籤獎勵計劃」自二零一零年展開。「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舉辦及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。

「獎勵計劃」除了讓學生身體力行，實踐及推廣健康生活，活動亦適合作為落實《健康校園政策》關注項目的措施、相關聯課活動、作為全方位學習或「其他學習經歷」的學習元素。參加學生可以充分發揮他們在籌劃和執行推廣

Live it, Use it

Nutrition Labelling Promotion Award Scheme



Live it, Use it

Hong Kong has included the nutrition labelling scheme in the local law. Nowadays, prepackaged foods available on the market have on their labels their nutrition contents, as well as nutrition claims that meet the set of well-defined conditions. To this end, nutrition labelling is becoming part and parcel of our eating experience for making wiser choice, preventing diseases and staying healthy. Let us "live it, use it", and share the benefit of using nutrition labelling in our everyday life.



Features of Award Scheme

The "Live it, Use it" Nutrition Labelling Promotion Award Scheme has been launched since 2010. It 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. The Award Scheme aims at encouraging students to actively organize and participate in nutrition labelling promotional activities for developing and consolidating healthy eating habits through the use of nutrition information.

The Award Scheme not only let students to implement and promote healthy lifestyles, it can also be incorporated as part of the Healthy School Policy, health-related co-curricular activities, or as learning elements under life-wide learning or Other Learning Experiences. Participating students can fully utilize their potential in planning and implementing

promotional activities. Through the promotional activities, students can serve their colleagues and/or the society and build up self confidence and enhance communication skills.

Emphases of the Award Scheme include:

- Relevant to daily life;
- Encourage use of nutrition labelling;
- Accurate and effective message delivery;
- Adoption of objective evaluation methods for improving future activities;
- Innovative; and
- Promotion coverage and participation of promotion targets

Share the Fun

Enrolment is accepted in two periods. The first intake starts from 3 October until 30 November 2012, whereas the second intake closes on 31 December 2012. Enrolment form can be downloaded from the CFS website.

Enrolled teams will receive a resource package together with training provided by the CFS. Depending on the nature of activities, the CFS will also provide resource materials. A school may form more than one team while each should consist of not more than ten core secondary school students, and enrol into either Junior Group (F.1 to F.3) or Senior Group (F.4 or above).

An award presentation ceremony will be held in July 2013. 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: 3962 2066

活學活用

營養標籤獎勵計劃

