主題：培養子女健康的飲食習慣

A. 內容撮要：

1. 實踐均衡飲食（健康的基石）

- **參考指標**：依據「健康飲食金字塔」的比例準備多元且分量適中的食物。
- **五穀類為主**：選擇紅米、全麥麵包等作為主要熱量來源。
- **多吃蔬果**：攝取充足纖維及維他命，以增強抵抗力。
- **慎選蛋白質**：選擇瘦肉、去皮禽肉或豆類，幫助發育同時避免攝入過多脂肪。
- **推崇傳統中式飲食**：以飯麵為主，多菜少肉且烹調清淡，非常符合健康原則。

2. 建立規律的飲食模式

- **必吃早餐**：確保子女養成每天吃早餐的習慣。
- **定時定量**：規律分配一日三餐的分量與時間。
- **健康飲品**：鼓勵飲用清水或清茶；盡量避免汽水、紙包飲品等含糖飲料，以防肥胖及蛀牙。

3. 精明應對外出用餐挑戰

- **多在家進食**：外賣食物通常多油、多味精且缺乏蔬菜，應盡量安排在家用餐。
- **外出用餐技巧**：
    - 選擇清淡款式（如：時菜肉片飯）。
    - 避免「撈汁」及進食動物皮層。
    - 記得額外為子女補充蔬菜和水果。

4. 遠離不良誘惑

- **減少垃圾食物**：勸導子女少吃零食、煎炸及加工食物。
- **無需迷信補品**：只要飲食均衡，無需浪費金錢購買額外的補品或維他命丸。
- **配合運動**：均衡飲食加上恆常運動，是遠離疾病、擁有健康體魄的關鍵。

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B. 家長反思題：

1. 回顧過去一週的家庭飲食，我們在「多菜少肉」和「避免含糖飲料」這兩方面做得如何？
2. 當我們必須外出用餐或點外賣時，我可以如何用更正面的方式，教導子女在外出用餐時做出健康的選擇？

參考資料：

1. https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf
2. https://www.studenthealth.gov.hk/tc_chi/health/health_dn/health_dn_hv.html

Topic: Building Healthy Eating Habits for Your Children

A. Content Summary:

1. Eat a Balanced Diet (The Foundation of Health)

- **Follow the guide:** Use the "Healthy Eating Pyramid" to prepare a variety of foods in the right amounts.
- **Focus on grains:** Choose foods like red rice and whole wheat bread as the main source of energy.
- **Eat more fruits and vegetables:** Get enough fiber and vitamins to build a strong immune system.
- **Choose protein wisely:** Pick lean meat, skinless poultry (like chicken), or beans. This helps kids grow without eating too much fat.
- **Follow traditional Chinese eating styles:** Meals based on rice or noodles, with more vegetables, less meat, and light cooking methods are very healthy.

2. Build Regular Eating Habits

- **Always eat breakfast:** Make sure your children build a habit of eating breakfast every day.
- **Regular times and portions:** Eat three meals a day at regular times and in proper amounts.
- **Healthy drinks:** Encourage drinking water or plain tea. Try to avoid sugary drinks like soda and juice boxes to prevent weight gain and tooth decay.

3. Be Smart When Eating Out

- **Eat at home more often:** Takeout food usually has too much oil, MSG, and not enough vegetables. Try to eat at home as much as possible.
- **Tips for eating out:**
    - Choose lighter meals (for example: rice with sliced meat and vegetables).
    - Avoid mixing your food with heavy sauces and do not eat animal skin.
    - Remember to give your children extra fruits and vegetables to make up for what they missed.

4. Stay Away from Unhealthy Temptations

- **Cut down on junk food:** Encourage your children to eat fewer snacks, fried foods, and processed foods.
- **No need for supplements:** If their diet is balanced, you do not need to waste money on extra health supplements or vitamin pills.
- **Exercise regularly:** A balanced diet plus regular exercise is the key to staying away from sickness and keeping a healthy body.

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B. Parent Reflection Questions:

1. Looking back at our family's meals over the past week, how well did we do with eating "more vegetables and less meat" and "avoiding sugary drinks"?
2. When we have to eat out or order takeout, how can I teach my children in a positive way to make healthy food choices?

Reference:

1. https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf
2. https://www.studenthealth.gov.hk/tc_chi/health/health_dn/health_dn_hv.html