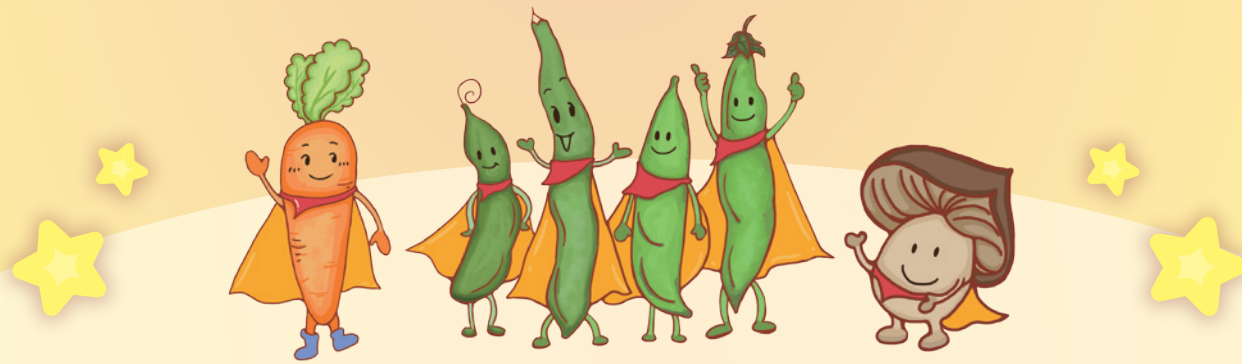


蔬菜小超人

Vegetable Superkids' 任務 Mission





給家長和老師的話

「幼營喜動系列」故事圖書乃衛生署「幼營喜動校園」計劃的健康教育刊物之一。首兩冊《蔬菜小超人任務》及《特特奇遇記》現已面世。

均衡飲食對兒童成長十分重要，但很多幼兒卻不愛吃蔬菜。故「幼營喜動校園」計劃便以「多吃蔬菜」為主題出版此故事書，希望能以生動的故事和可愛的角色，提升幼兒對蔬菜的接受程度。

衛生署健康飲食吉祥物「吳偏食」會在故事中，向幼兒介紹蔬菜小超人部隊各個成員和他們的本領（例如多吃蔬菜有助延長飽肚感和增強身體抵抗力，並能預防便秘）。家長和老師還可先準備第16至19頁中所提及的新鮮蔬菜，在講故事時讓幼兒接觸實物，增加幼兒對蔬菜的興趣和認識。

編者
二零一三年十二月

To Parents and Teachers

The "StartSmart Series" is one of the health education materials under the "StartSmart@school.hk" Campaign of the Department of Health. The first two story books - "Vegetable Superkids' Mission" and "The Adventures of Teddy" - are now published.

A balanced diet is essential to the growth of children. However, many of them do not like eating vegetables. In view of this, the "StartSmart@school.hk" Campaign has adopted "eating more vegetables" as the theme and published this story book. Through vivid stories and lovely cartoon characters, we hope to raise children's interest in vegetables.

"EatSmart Doggie", the healthy eating mascot of the Department of Health, introduces to the children each member of the Vegetable Superkid Team as well as their talents (for example, eating more vegetables can help us extend the feeling of satiety, strengthen our immune system and prevent constipation). Before reading them the story, you may wish to prepare in advance fresh vegetables mentioned on pages 16 to 19 so that children can get in touch with the real food, which will increase their interest and understanding of vegetables.

Editor
December, 2013



大家好，我叫吳偏食。
我是健康超人啊！



Hello, my name is EatSmart Doggie.
I am the Healthy Superman.

你知道是誰幫助我們保持又健康，
又強壯的身體嗎？



Do you know who can help us to
stay healthy and strong?

對了，是蔬菜小超人部隊啊！
你認識他們嗎？



Yes,
it's the Vegetable Superkid Team!
Do you know them?



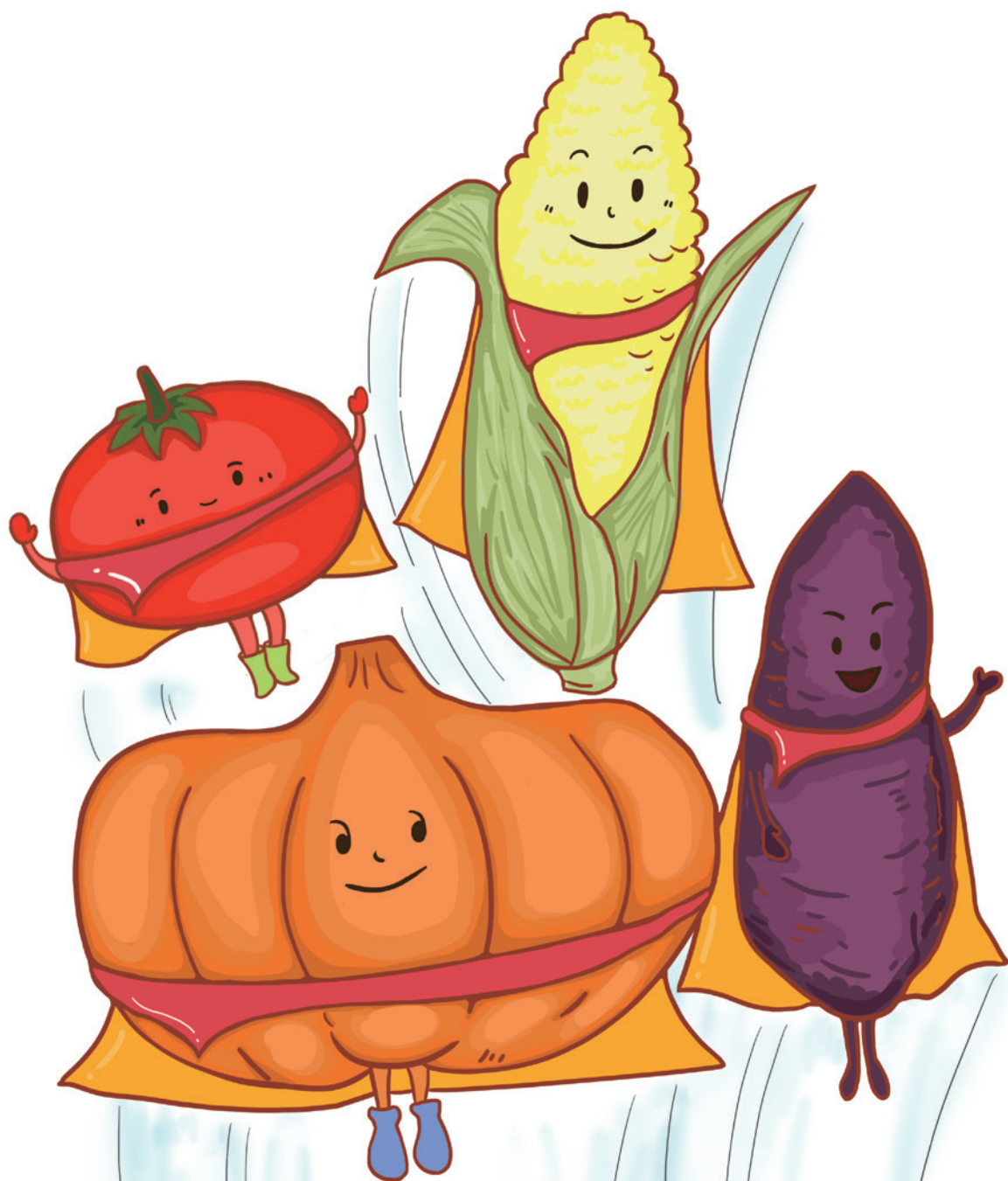
Oh! Lily needs help!

麗麗每餐只吃肉；吃得少又怕不飽，
吃得多又怕不健康。



Lily only eats meat at mealtimes.
If she eats too little, she may feel hungry soon,
and yet overeating is definitely not healthy!

不用怕，蔬菜小超人部隊有辦法！

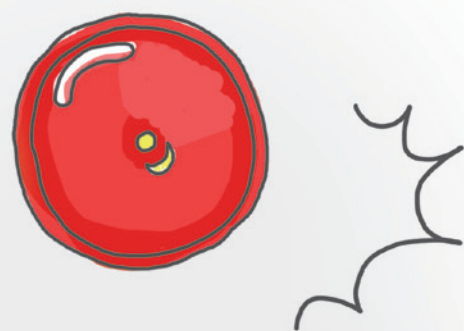


Don't worry.
The Vegetable Superkid
Team is here to help!

蔬菜含豐富的纖維素，
能延長飽肚的感覺，
大家每天都要多吃啊！



Vegetables contain a lot of dietary fibre,
which help us feel full for a longer while.
Eat plenty of veggies every day!



啊！
為什麼華華在哭呢？



Oh, why is Edward crying?

華華很容易生病，
常常都要吃藥，
所以不開心。
他希望可以像我
一樣強壯啊！



Edward is upset because he often gets
sick and needs to take drugs. He wants
to be as strong as me!

不用怕，蔬菜小超人部隊有辦法！



Don't worry.
The Vegetable Superkid Team
is here to help.

蔬菜含豐富維他命和礦物質，
能增強我們的抵抗力，
減低生病機會。



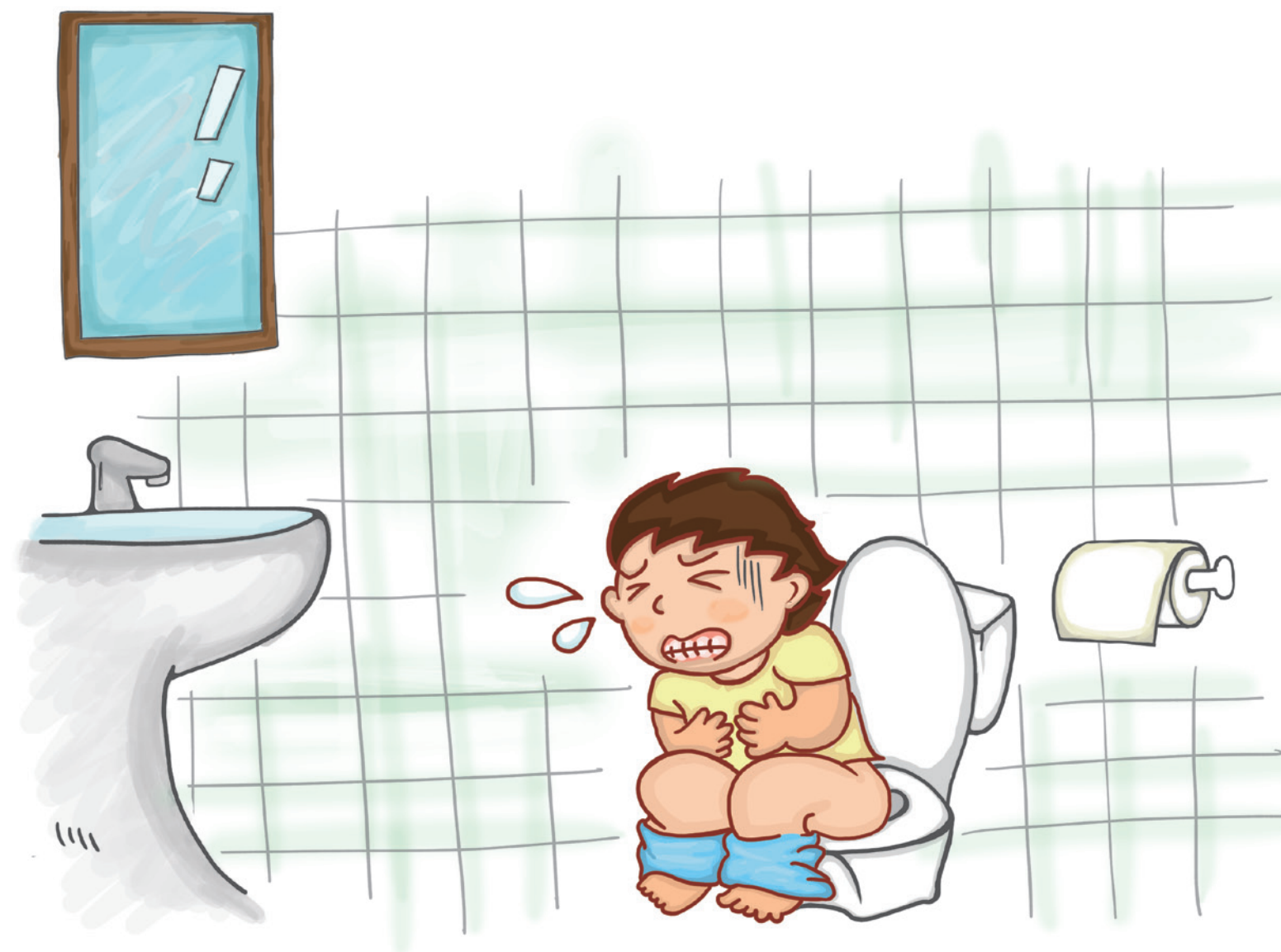
Vegetables are rich in vitamins
and minerals, which strengthen
our immune system and
reduce the chance of falling ill.

啊！為什麼
文文的樣子那麼
痛苦呢？



Oh, why does Edmond
look like he is in pain?

文文肚子痛，
想去大便，可是便便
卻不肯出來啊！



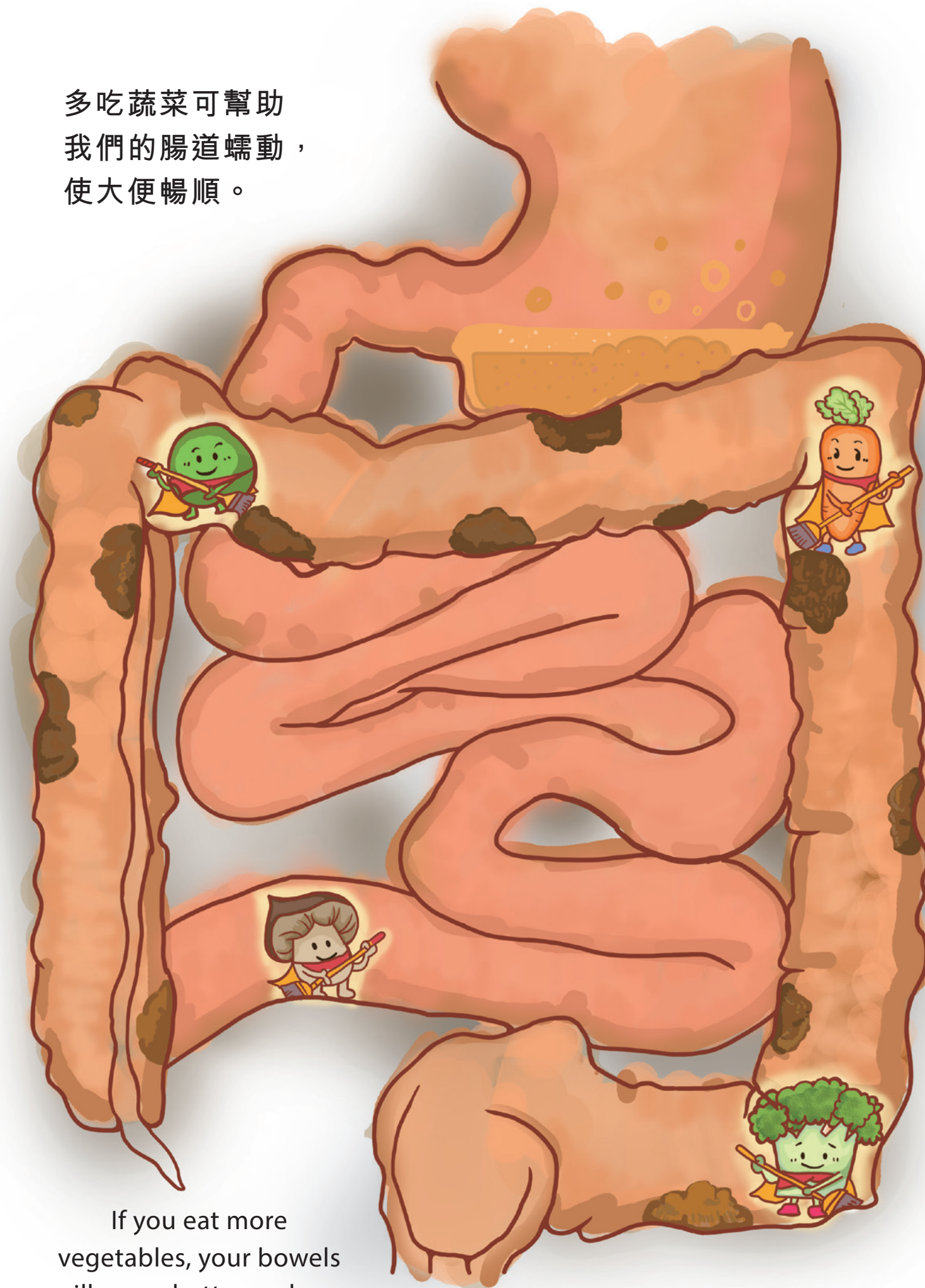
Edmond has a bellyache
and wants to poo,
but he can't.

不用怕，蔬菜小超人部隊有辦法！



Don't worry.
The Vegetable Superkid
Team is here to help.

多吃蔬菜可幫助
我們的腸道蠕動，
使大便暢順。



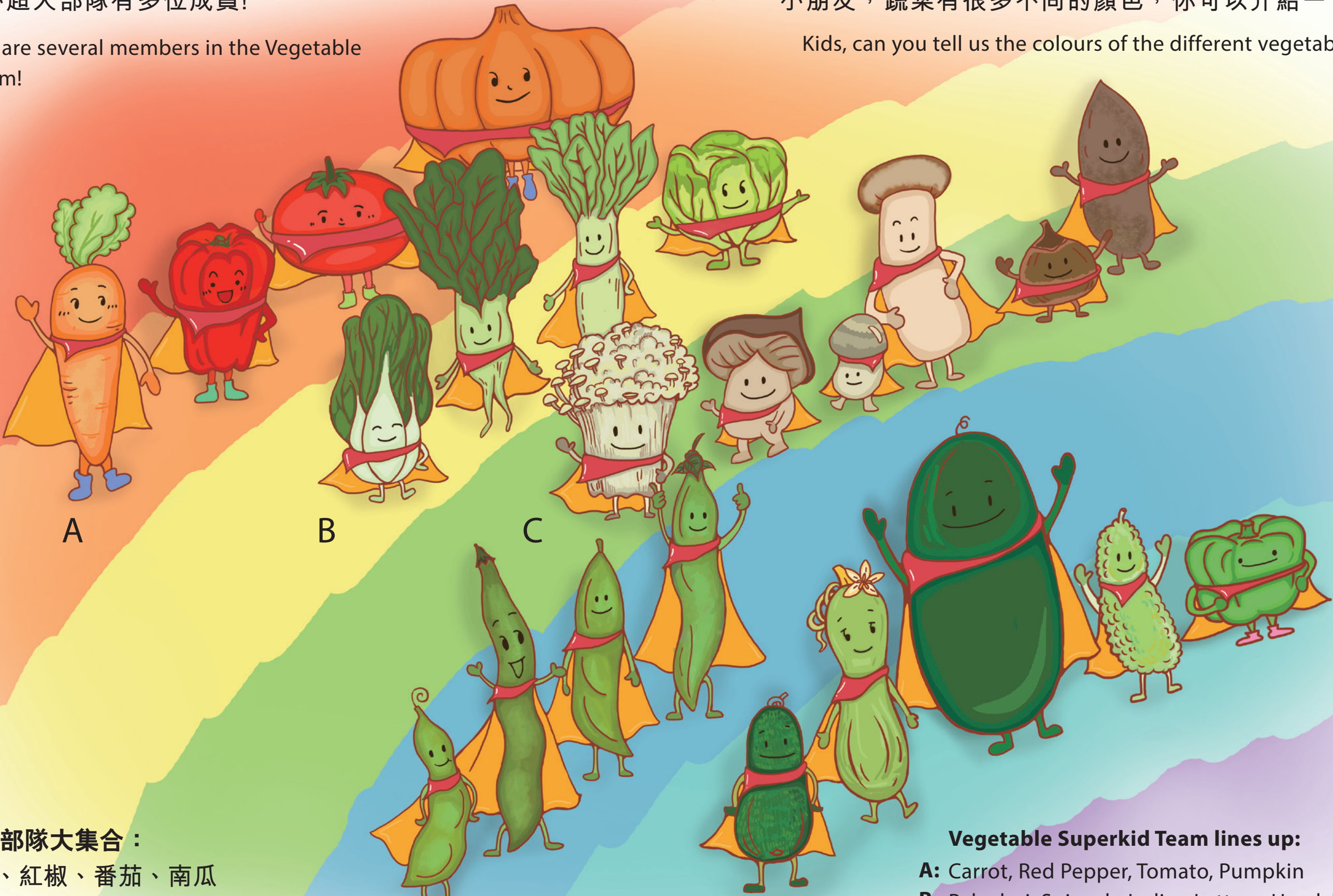
If you eat more
vegetables, your bowels
will move better and you
can pass poo more easily.

其實蔬菜小超人部隊有多位成員！

In fact, there are several members in the Vegetable Superkid Team!

小朋友，蔬菜有很多不同的顏色，你可以介紹一下嗎？

Kids, can you tell us the colours of the different vegetables?



蔬菜小超人部隊大集合：

- A：紅蘿蔔、紅椒、番茄、南瓜
- B：白菜、菠菜、油麥頭、生菜
- C：金菇、冬菇、草菇、雞腿菇、馬蹄、番薯
- D：豌豆、四季豆、毛豆、玉豆
- E：節瓜、翠玉瓜、冬瓜、苦瓜、青椒

Vegetable Superkid Team lines up:

- A: Carrot, Red Pepper, Tomato, Pumpkin
- B: Pak-choi, Spinach, Indian Lettuce Head, Lettuce
- C: Enoki, Shiitake Mushroom, Straw Mushroom, King Oyster Mushroom, Water Chestnut, Sweet Potato
- D: Garden Peas, Green Bean, Edamame, Bean
- E: Hairy Melon, Zucchini, Winter Melon, Bitter Melon, Green Pepper

讓我們一起歡迎五大家族的蔬菜小超人！

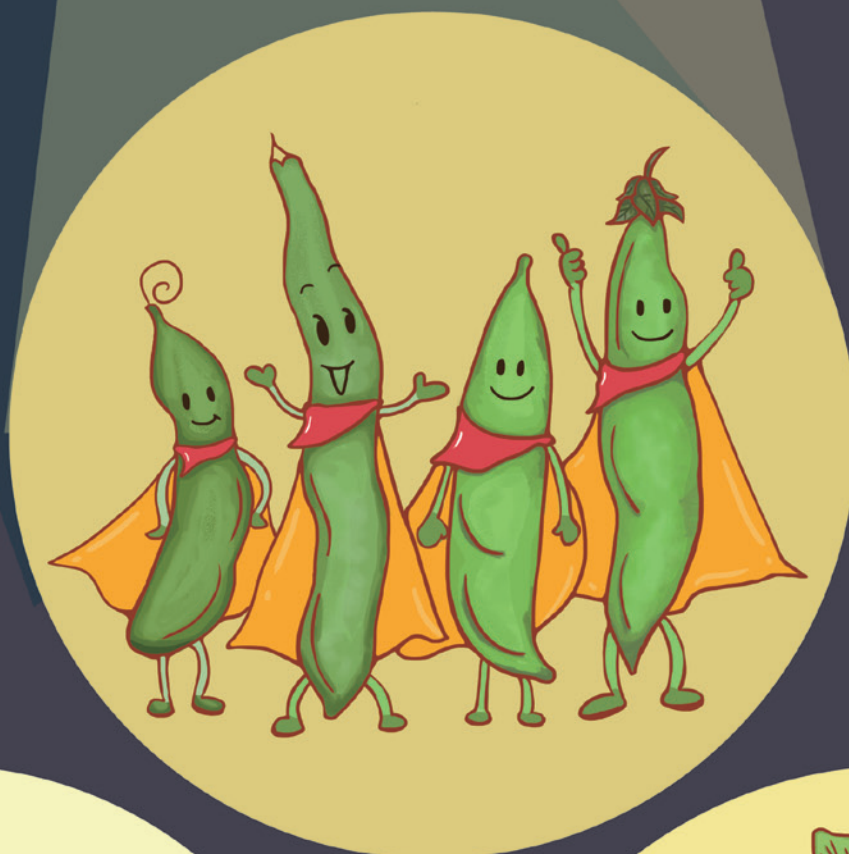
Let's welcome the Vegetable Superkids from the five 'families'!

豆類家族：

豌豆、四季豆、毛豆、玉豆

Lentils Family:

Garden Peas, Green Bean,
Edamame, Bean



小朋友，你們知道進食蔬菜有什麼益處呢？

Kids, do you know what are the benefits of eating vegetables?

根莖類家族：

番薯、紅蘿蔔、馬蹄

Roots Family:

Sweet Potato, Carrot,
Water Chestnut



瓜果類家族：

翠玉瓜、番茄、冬瓜、苦瓜、黃椒

Gourds/Squashes Family:

Zucchini, Tomato, Winter Melon,
Bitter Melon, Yellow Pepper



綠葉類家族：

菠菜、白菜、油麥頭、生菜、莧菜

Leafy Green Vegetables Family:

Spinach, Pak-choi, Indian Lettuce
Head, Lettuce, Chinese Amaranth



菇菌類家族：

金菇、草菇、雞腿菇、冬菇

Mushrooms Family:

Enoki, Straw Mushroom,
King Oyster Mushroom,
Shiitake Mushroom



各位蔬菜小超人都很喜歡幫助小朋友，
大家記住每天都要請他們幫忙啊！

All the Vegetable Superkid members love to help kids.
Remember to ask them for help every day!



小朋友，你希望下一餐
吃哪種蔬菜呢？

Kids, what kind of vegetables do you
want to have in your next meal?



後記

其實，越早讓孩子接觸不同種類和質感的蔬菜和利用不同的活動增加幼兒對蔬菜的認識，越容易提升幼兒對蔬菜的接受程度。以下是一些能讓幼兒多吃蔬菜的小貼士：

- 做個好榜樣
- 定時重複供應不同種類的蔬菜，增加幼兒接觸各種食物的機會
- 烹煮色彩繽紛的蔬菜，如彩椒、番茄、雜豆等，再拼成或切成不同形狀
- 讓幼兒擔任「烹飪小助手」，參與簡單製作
- 以蔬菜作為日常小食，好像車厘茄、甘筍、粟米等，以替代一般多糖、多鹽、多油的零食
- 避免用食物（如糖果）來哄孩子進食蔬菜
- 校方於設計教學活動時，可加入蔬菜元素，讓幼兒透過生活化及具趣味性的活動學習健康的生活習慣

衛生署「幼營喜動校園」計劃專題網頁 (<http://www.startsmart.gov.hk>) 已上載了相關食譜和健康教育資源，供家長和老師參考。

Epilogue

In fact, the sooner you let your children come into contact with vegetables of different kinds and textures, and let them understand more about vegetables through various activities, the easier it will be for them to accept vegetables. Below are some tips on motivating children to eat more vegetables:

- Be a good role model.
- Serve a wide variety of vegetables on a regular basis so that children have more chances to come into contact with different foods.
- Choose vegetables with vivid colors like round peppers, tomatoes and beans. Cut them and turn them into different shapes.
- Invite your children to be a “petite chef” to prepare some simple dishes.
- Use vegetables (such as cherry tomatoes, carrots and maize) as snacks instead of those high in sugar, salt and fat.
- Don’t tempt children into eating vegetables by offering them food (such as sweet).
- Schools can introduce vegetable-related elements into their educational activities to help children develop healthy eating habits via lively and interesting activities.

You are welcome to browse the thematic website of the “StartSmart@school.hk” Campaign of the Department of Health (<http://www.startsmart.gov.hk>) for relevant recipes and health education resources.





衛生署
Department of Health