

# 減鹽減糖及營養標籤短片創作比賽

## Salt and Sugars Reduction & Nutrition Labelling Video Competition

### 目的 Objective

展示在日常生活中減少鹽及糖攝取量的原因和方法，以及如何應用營養標籤達致減鹽減糖，藉此幫助參賽者建立健康飲食習慣。

To show the “how and why” of reducing dietary salt and sugars and how to apply nutrition labelling to reduce salt and sugars intake in daily lives so as to help entrants in developing a healthy eating habit.

### 參賽組別 Entry Categories

- 初中組(中一至中三) Junior Secondary Category (S1 to S3)
- 高中組(中四至中六) Senior Secondary Category (S4 to S6)
- 公開組 Open Category

### 主題 Theme

參賽單位須按以下主題創作一段三至五分鐘的廣東話短片推廣相關信息。 Entrants should create a video in Cantonese which is 3 to 5 minutes in length to promote the following themes.

- 初中組及高中組 Junior Secondary and Senior Secondary
  - 減少鹽和糖攝取量的重要性及方法  
“How and Why” of Reducing Salt and Sugars Intake; 以及and
  - 活學活用營養標籤  
“Live it, Use it” Nutrition Labelling
- 公開組 Open Category
  - 減少鹽和糖攝取量的重要性及方法  
“How and Why” of Reducing Salt and Sugars Intake

### 獎項 Awards

各組別分別設有以下獎項。

The following awards will be selected in each category.

- 冠軍 Champion  
禮券價值港幣 \$5000 (中學組) / \$8000 (公開組)  
Gift voucher worth HK\$5000 (School Category) / HK\$8000 (Open Category)
- 亞軍 First Runner-up  
禮券價值港幣 \$3000 (中學組) / \$5000 (公開組)  
Gift voucher worth HK\$3000 (School Category) / HK\$5000 (Open Category)
- 季軍 Second Runner-up  
禮券價值港幣 \$2000 (中學組) / \$3000 (公開組)  
Gift voucher worth HK\$2000 (School Category) / HK\$3000 (Open Category)
- 網上最具人氣短片 Most Liked Award  
禮券價值港幣 \$2000 (中學組) / \$3000 (公開組)  
Gift voucher worth HK\$2000 (School Category) / HK\$3000 (Open Category)

### 截止日期 Deadline

- 報名 Registration: **12/2/2015**
- 提交參賽短片 Video Submission: **31/5/2015**



單張  
Pamphlet



報名表格(中學組)  
Entry Form (School Category)



報名表格(公開組)  
Entry Form (Open Category)

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