

## 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。



## 獎勵計劃

「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」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活動的能力。

本「獎勵計劃」著重以下各點：

- 生活化
- 鼓勵活學活用營養標籤
- 創新
- 信息準確及有效
- 推廣對象的參與度

## 齊來參與

「獎勵計劃」分兩階段接受報名。第一階段報名由九月一日至十月三十一日，第二階段報名至十二月三十一日止。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，以及由中心及/或專業伙伴提供專業協助。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 6096

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.



## The 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 promote nutrition labelling for developing and consolidating healthy eating habits through the use of nutrition information.

The Award Scheme can 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.

### Emphases of the Award Scheme include:

- Relevant to daily life;
- Encourage use of nutrition labelling;
- Innovative;
- Accurate and effective message delivery; and
- Participation of promotion targets.

## Share the Fun

Enrolment is accepted in two periods each year. The first intake starts from September 1 until October 31, whereas the second intake closes on December 31. 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 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. 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 6096

# 活學活用

## 營養標籤獎勵計劃

