

本署檔號: FEHD/CFS 16-15/15/2

貴機構負責人:

誠邀參與
「活用營養標籤三部曲」講座 暨
「活用營養標籤繽紛購物獎勵計劃」簡介會

自2010年7月起香港的營養資料標籤制度全面生效後，公眾對認識及使用營養標籤上的資料的需求日增。故此，本中心推出「活用營養標籤三部曲」之簡易使用法，讓公眾能更容易掌握明智的選擇要訣。

中心現將於今年12月及明年1月舉行三場「活用營養標籤三部曲」講座，並介紹由食物安全中心主辦、香港社會服務聯會支持的「活用營養標籤繽紛購物獎勵計劃」。我們誠邀貴機構的社工、福利工作人員、活動助理及義工參加。出席者均會獲發資源材料套乙份，會上並示範使用方案，以協助各機構推行有關推廣活動。講座以粵語講授，費用全免，詳情見附件一及夾附的活動資料單張。

現誠邀貴機構提名相關同工，填妥回條(附件二)，並於 **2011年12月15日**或之前回覆。查詢請電 3962 2063 何小姐。要獲取更多有關營養標籤資訊，歡迎登入中心專題網頁 (www.nutritionlabel.gov.hk)。

食物安全專員

(陳家茵



代行)

二零一一年十一月三十日

Our Ref: FEHD/CFS 16-15/15/2

30 November 2011

Dear Sir/Madam,

**Invitation to Seminar on “Three-step Guide to Use Nutrition Labels” cum
Briefing Session on “Live it, Use it” Nutrition Labelling Fun Shopping Award Scheme**

Since the full implementation of the Nutrition Labelling Scheme in Hong Kong in July 2010, there have been growing public demands to know the information on nutrition labels and make use of it. As such, the simple and user-friendly “Three-step Guide to Use Nutrition Labels” is introduced to help the public apply the tips to make good choices more easily.

Three seminars on “Three-step Guide to Use Nutrition Labels” will be held by the CFS in December 2011 and January 2012. During the seminar, we shall also introduce our “Live it, Use it” Nutrition Labelling Fun Shopping Award Scheme which is organized by the Centre for Food Safety and supported by the Hong Kong Council of Social Service. We cordially invite social workers, welfare workers, activity assistants and voluntary workers of your organizations to participate. Each participant will receive a resource package and demonstration of its use will be conducted during the seminar to assist community organizations to launch nutrition labelling-related promotional activities. Please refer to Annex I and programme details attached.

To nominate relevant personnel and voluntary workers to attend the seminar cum briefing session, please complete the reply slip at Annex II and return to us on or before **15 December 2011**. For enquiries, please call Ms. Ho at 3962 2063. To know more about nutrition labelling, please visit the CFS dedicated webpage at www.nutritionlabel.gov.hk.

Yours faithfully,



(CHAN Ka-yan)

for Controller, Centre for Food Safety

「活用營養標籤三部曲」講座 暨
「活用營養標籤繽紛購物獎勵計劃」簡介會
Seminar on “Three-step Guide to Use Nutrition Labels” cum
Briefing Session on “Live it, Use it” Nutrition Labelling Fun Shopping Award Scheme

活動程序 Programme Rundown

時間 Time	內容 Content	詳情 Details
15:00-15:05	登記 Registration	--
15:05-15:10	致歡迎辭 Welcoming remarks	--
15:10-15:20	促進公眾健康— 食物及營養標籤的推廣 Food labels, health, and nutrition – what can we do about it	回顧及展望食物安全中心就食物安全及營養 標籤的推廣工作並介紹新推出的「活用營養 標籤繽紛購物獎勵計劃」 A summary on the CFS’s work on food safety and nutrition. Introduce the upcoming award scheme –“Live it, Use it” Nutrition Labelling Fun Shopping Award Scheme
15:20-15:50	營養與你 Why nutrition? 講者 Speaker: 專業醫護人員 Health Care Professional	營養與健康息息相關，讓我們以深入淺出的 方法一起探討和你有切身關係的營養素 Food provides you with nutrients that allow you to think, play, exercise, and let you live well into long life. We take you through some important nutrients that may affect you most
15:50-16:10	健康資訊標籤尋 The secrets in food labels 講者 Speaker: 食物安全中心衛生督察 Health Inspector of CFS	食物標籤是食物生產商與消費者溝通的橋 樑，載有實用資訊方便消費者精明選擇預先 包裝食品。你對它的認識有幾多？ Food label is an important communication tool between the food suppliers and the consumers. We take you through the journey to understand the secrets about the food you are eating by smart reading of the food label
16:10-16:20	Break 中場休息	
16:20-16:55	活用營養標籤三部曲 Three-Step Guide to Use Nutrition Labels 講者 Speaker: 食物安全中心科學主任 Scientific Officer of CFS	透過簡明易用的三個步驟，讓大家能輕鬆活 用營養標籤資料得知個人的糖、脂肪及鈉等 營養素的攝入量 A simplified three-step approach for people to get familiarizes themselves using nutrition information to assess their own intakes on sugars, fats, and sodium, etc.
	個案實習 Case studies	
16:55-17:00	問答環節 Question and Answers	--
	結語 Concluding remarks	