

活動花絮

互動『營』格 - 『長者“智”識食』營養課程

本中心一向致力推廣健康生活及均衡營養的訊息，中心透過舉辦不同類型的健康講座及營養課程，提升大眾對健康及均衡飲食的關注。

今期讓我們為大家介紹一項名為『長者“智”識食』的營養課程。此課程為「余兆麒醫療基金」撥款支持項目，由本中心聯同香港中文大學內科及藥物治療學系於 2012 年 6 月至 2013 年 11 月期間負責統籌及推行，課程對象為 60 歲或以上並使用新界東地區長者服務中心的人士，我們希望透過此課程提高長者對健康行為的認知，以及協助長者活學活用，有智慧地將健康知識活用於實際生活中。課程共有四節，每節約 2 小時，由理論及實習部份組成〔見下表〕。

課程節數	內容簡介
1) 健康講座 (理論課) – 健康飲食	講解基本及有特別飲食需要人士的健康飲食原則和健康煮食要訣。
2) 烹飪示範 (實習課) – 健康煮食示範	由註冊營養師／營養學家示範烹調及指導實習健康菜式／小食。
3) 健康講座 (理論課) – 認識營養標籤	講解如何揀選健康食物及營養標籤的運用。
4) 健康食譜設計比賽 (實習課)	由參加者分組設計並烹調簡單健康菜式／小食，食譜設計優異者可獲頒獎狀。

截至 2013 年 3 月底，此課程已於新界東地區 5 間長者服務中心舉辦，約 80 名長者參加。參加者反應踴躍，此課程亦會於更多長者服務中心繼續舉行。

鳴謝

- 「余兆麒醫療基金」撥款支持
- 參與機構 (截至 2013 年 3 月底) (排名不分先行)
 - 嗇色園主辦可康耆英鄰舍中心
 - 基督教香港崇真會福康長者中心
 - 香港聖公會太和長者鄰舍中心
 - 基督教香港信義會沙田多元化老人社區服務中心
 - 基督教聖約教會耀安堂老人中心

“Senior Eat Smart Cook Healthy Program” Highlights

CNS aims at promoting the awareness of the importance of healthy lifestyle and balanced diet among the public through organizing health talks and workshops.

In this issue, we would like to introduce the “Senior Eat Smart Cook Healthy Program” to all of you. This program is funded by the SK Yee Medical Foundation. It is jointly organized by CNS and the Department of Medicine and Therapeutics of The Chinese University of Hong Kong. The program has started in June 2012 and is expected to end in November 2013. Older people aged 60 years and above in the elderly community centers in the New Territories East Cluster are invited to join the program. This program aims offering a series of health activities to increase self-awareness of health status in older people and to empower knowledge, attitude and practice of healthy eating in daily lives in older people. In this program, a monthly nutrition workshop (4 sessions per workshop) is organized in each participating elderly community centre. Each session lasts for about 2 hours and is composed of a theoretical component and a practicum component (see below table).

Session	Content outline
1) Health talk on healthy eating principles (theoretical component)	Dietitian or nutritionist talks on principles of healthy eating, healthy cooking tips in general and for particular diseases.
2) Cooking demonstration and practice (theoretical and practicum components)	Dietitian or nutritionist demonstrates how to prepare healthy dishes and explains the healthy principles behind. Participants share the healthy dishes together.
3) Health talk on nutrition labeling (theoretical and practicum components)	Dietitian or nutritionist illustrates how to read the nutrition label. Participants learn how to read and apply the nutrition labels in their daily lives.
4) Healthy recipe design and cooking competition (theoretical and practicum components)	Participants are divided into few groups. Each group is asked to design 1 to 2 healthy recipes and explains why they include those ingredients in the recipes. Dietitian or nutritionist ranks the recipes based on the healthy eating principles.

As to March 2013, approximately 80 older people from five elderly community centers have joined the program. Participants highly appreciated the program. We will continue delivering the program to other elderly community centers in the near future.

Acknowledgements

- SK Yee Medical Foundation
- Participating centers (as to March 2013)

- Ho Hong Neighbourhood Centre for Senior Citizens (Sponsored by Sik Sik Yuen)
- Fuk Hong Social Centre for the Elderly (Tsung Tsin Mission of Hong Kong)
- Hong Kong Sheng Kung Hui Tai Wo Neighbourhood Elderly Centre
- The Evangelical Lutheran Church of Hong Kong Shatin Multi-service Centre For The Elderly
- The Mission Covenant Church Yiu On Tong Social Centre For The Elderly

健康飲食講座 (Health talk on healthy eating principles)



學員留心聽導師講解及做筆記 - 基督教香港崇真會福康長者中心

Participants concentrated on speaker's teaching and was knee to making notes - Fuk Hong Social Centre for the Elderly (Tsung Tsin Mission of Hong Kong)

健康煮食示範 (Cooking demonstration and practice)



導師正在為學員示範健康菜式 - 基督教香港信義會沙田多元化老人社區服務中心

Demonstration on how to prepare healthy dishes by the nutritionist - The Evangelical Lutheran Church of Hong Kong Shatin Multi-service Centre For The Elderly

『認識營養標籤』健康講座 (Health talk on nutrition labeling)



學員努力實習如何閱讀營養標籤及比較食物營養素 – 香港聖公會太和長者鄰舍中心
Participants were learning how to read the nutrition labels – Hong Kong Sheng Kung Hui Tai Wo Neighbourhood Elderly Centre

健康食譜設計比賽 (Healthy recipe design and cooking competition)



學員合力製作各組所設計的健康食譜，以爭取最佳食譜設計 – 耆色園主辦可康耆英鄰舍中心
Participants were preparing the healthy dishes together – Ho Hong Neighbourhood Centre for Senior Citizens (Sponsored by Sik Sik Yuen)