

姓名：_____

日期：_____

Name

Date

親子小食齊齊做

請家長與幼兒製作既健康又美味的小食（粟米薯蓉小丸子），完成後，將製作的小食過程透過，如：繪圖、相片或文字記錄在工作紙上，待復課後，將「親子小食齊齊做」工作紙貼於課室的壁報版上展示，並請幼兒在課堂分享自己的作品。

Snack recipes for kids

Please make the following healthy and delicious snacks with your child (Sweet Corn and Mashed Potato balls). After finishing the snack, you could either take photos, draw a picture or write some words to record the snack making process. The worksheet will be posted on the board in classroom and children will be invited to share their works with others after class resumption.



↑ 更多食譜[檔案大小:1200KB]

粟米薯蓉小丸子

製 20 粒

材料

馬鈴薯	4個 (中型)
粟米粒	½ 碗
橄欖油	1 茶匙
脫脂奶	½ 杯
胡椒粉	少許
蔥花	少許
鹽	¼ 茶匙

烹調方法

1. 先將馬鈴薯連皮洗淨。
2. 將馬鈴薯放入鍋中，加水蓋過馬鈴薯。
3. 用大火將水滾，再轉小火慢煮，煮至馬鈴薯熟透變軟。
4. 將馬鈴薯撈起，待涼後去皮，再壓成薯蓉。
5. 將粟米粒用滾水焯熟。
6. 加入粟米粒、脫脂奶、橄欖油、胡椒粉及鹽攪拌。
7. 將薯蓉弄成球狀，灑上蔥花即可。

營養小貼士

- ★ 鈣質對成長中學童的骨骼發展甚為重要，食譜中的脫脂奶可增加食物的鈣質含量，亦可在熱薯蓉面灑上低脂芝士粒，不但可增加食物的鈣含量，更令薯蓉的味道更濃更香
- ★ 幼兒多喜歡粟米粒，一杯的粟米粒已是十分吸引的生日會小食



↑ More Recipes [File Size:792KB]

Sweet Corn Mashed Potato Balls

Makes about 20 pieces

Ingredients

Potatoes	4 medium
Sweet corn kernels	½ bowl
Olive oil	1 teaspoon
Skimmed milk	½ cup
Ground pepper	Small amount
Spring onion, finely chopped	Small amount
Salt	¼ teaspoon

Method

1. Wash the potatoes (with peels on).
2. Place the potatoes into the pot and add water to cover them.
3. Bring water to boil over high heat and then turn to low heat. Boil the potatoes till they are soft.
4. Take out the potatoes. Let them cool down and remove the skin. Mash them.
5. Blanch sweet corn kernels.
6. Add the sweet corn kernels, skimmed milk, olive oil, ground pepper and salt. Mix well.
7. Roll mashed potato into small balls and sprinkle spring onion before serve.

Nutrition Tips

- ★ Calcium is very important to the bone development of children. Addition of skimmed milk helps increase the content of calcium. Grated low-fat cheese can also be added on the mashed potato balls to add flavour and increase the calcium content.
- ★ Most children like sweet corn, a cup of sweet corn kernels is a very attractive party food for them.



參考資料：幼營喜動校園（特色小食食譜）

Reference: StartSmart@school.hk

Snack Rec

製作粟米薯蓉小丸子記錄工作紙
DIY Corn and mashed potato balls worksheet





有趣的 **圖像** → 字 日期：_____



車



聽一聽  說一說 



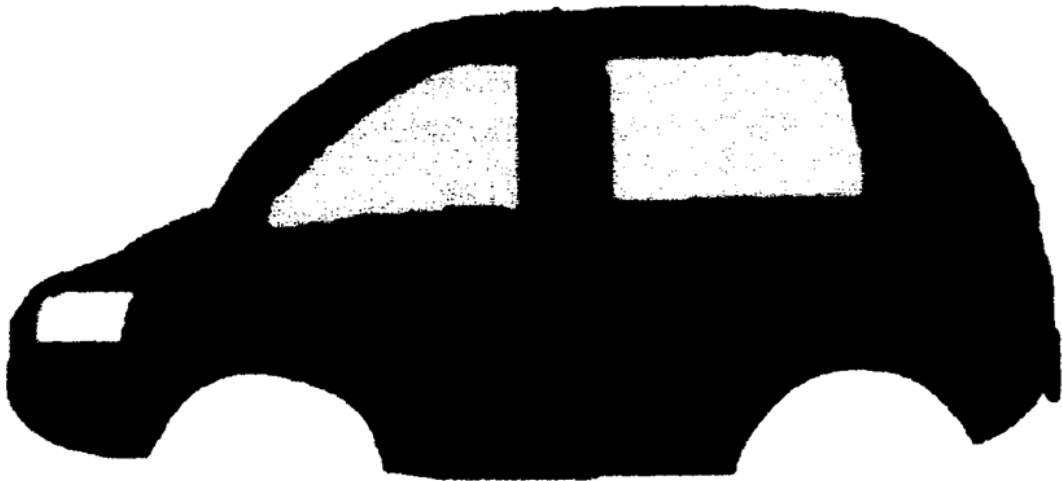
car



車

請為車子畫上兩個輪子。

Please draw two wheels for the car below.



天主教露德聖母幼稚園
Our Lady of Lourdes Catholic Kindergarten
2019-2020 年度下學期小任務活動(4)
Simple Learning Task Activity (4) Second Term

Name
姓名: _____

Date
日期: _____

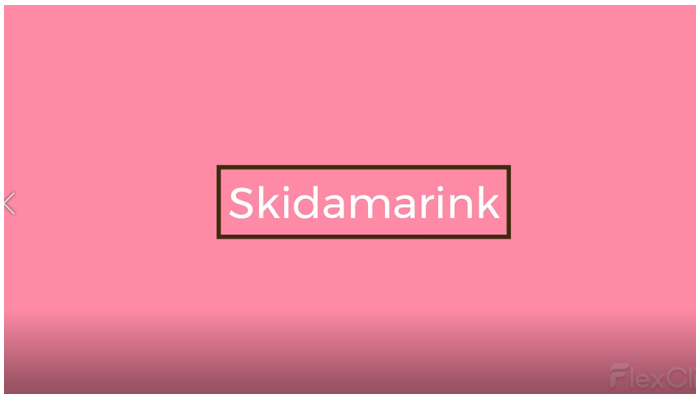
停課期間，小朋友可利用時間多做運動。請觀看影片和老師一起跳舞。

Children are encouraged to spend time to do exercises during class suspension period.
Please watch the videos and dance with teachers together!

Song 1: Dancing Queen (Link: <https://youtu.be/SdQqPyNOITo>)



Song 2: Skidamarink (Link: <https://youtu.be/657jgRRjdT4>)



Song 3: 撚個大石頭 (Link: <https://youtu.be/IXePf7DfsoE>)

