

天主教露德聖母幼稚園
Our Lady of Lourdes Catholic Kindergarten
2019-2020 年度下學期低班小任務活動(7)
Simple Learning Task Activity (7) for K2 - Second Term

Name

姓名: _____

Date

日期: _____

親子小食齊齊做

請家長與幼兒製作既健康又美味的小食(甘筍洋蔥番薯班戟),在完成後,為你製作的小食創作名字,又可把製過程透過,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 snack with your child (Carrot Pancakes with Onion and Sweet Potatoes). After finishing the snack, you could create a name and record the snack making process using either photos, pictures or words. The worksheet will be posted on the board in the classroom and children will be invited to share their works with others after class resumption.



↑ 更多食譜[檔案大小:1200KB]

甘筍洋蔥番薯班戟

約 3-6 人分量

材料

甘筍 (中型)	2 個 (刨絲)
洋蔥 (小型)	1 個 (切碎)
番薯 (中型)	2 個 (去皮刨絲)
雞蛋	2 隻

調味料

檸檬 (小型)	½ 個 (榨汁)
生粉	3 湯匙
黑胡椒粉	少許
橄欖油	少許

烹調方法

1. 將甘筍絲、洋蔥碎、番薯絲、檸檬汁、生粉及蛋汁混合拌勻。
2. 加黑胡椒粉調味。
3. 慢火將平底鑊加熱,加入少量橄欖油。將一湯匙混合材料置於中央,煎成小圓形薄班戟。每次可煎多個班戟,只要避免材料互相觸碰便可。
4. 每邊約煎兩分鐘直至兩面呈金黃色便成。

營養小貼士

- ★ 洋蔥、甘筍及檸檬汁含豐富抗氧化物,有助增強免疫能力,改善心臟健康
- ★ 橄欖油含單元不飽和脂肪酸,有助控制血液中的膽固醇水平,但由於橄欖油與其他油類的熱量一樣高,分量不宜過多



Carrot Pancakes with Onion and Sweet Potatoes

Serves about 3-6 persons

Ingredients

Carrots, grated	2 medium
Onion, finely chopped	1 small
Sweet potatoes, grated	2 medium
Eggs	2 whole

Seasoning

Lemon, small-sized, juiced	½ piece
Corn flour	3 tablespoons
Black pepper	Small amount
Olive oil	Small amount



↑ More Recipes [File Size:792KB]

Method

1. Add carrots, onion, sweet potatoes, lemon juice, corn flour and eggs into large bowl and mix well.
2. Season with black pepper.
3. Warm small amount of olive oil in pan. Pour a large tablespoon of carrot mixture into middle of the pan and make a thin pancake in your preferred size. Fit in as many pancakes as possible without overlapping ingredients.
4. Cook for about 2 minutes on each side until pancake turns slightly brown and serve.

Nutrition Tips

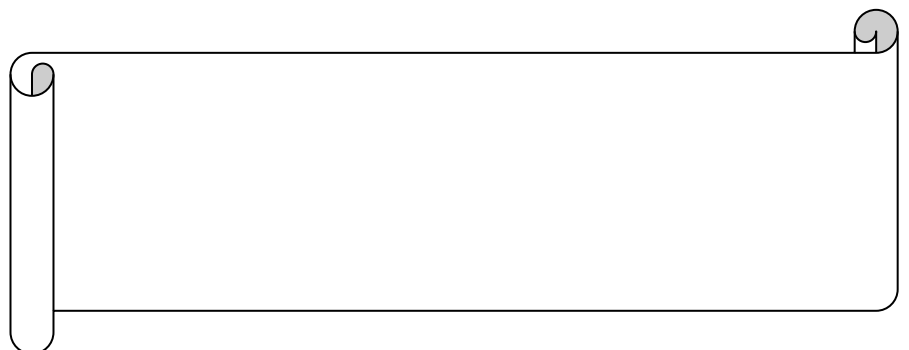
- ★ Onions, carrots and lemon juices are all rich in antioxidants which help strengthen our immune system and improve heart health.
- ★ The monounsaturated fatty acid in olive oil is associated with better control of our blood cholesterol level. However, over-consumption is not recommended as its energy is as high as other types of oils.

參考資料: 幼營喜動校園 (特色小食食譜)

Reference: StartSmart@school.hk Snack Rec

製作甘筍洋蔥番薯班戟記錄工作紙

DIY Carrot Pancakes with Onion and Sweet Potatoes worksheet



日期：_____

Date

短句

趣趣樂！

我和爸爸去海洋公園。



We go to the Ocean Park.



我們坐港鐵去海洋公園。



We go to Ocean Park by MTR.



請依圖畫的意思把續句的詞語填上顏色。

Please colour the words of the grid according to the meaning of the picture.



我和爸爸	去濕地公園。
	去海洋公園。
	去九龍公園。

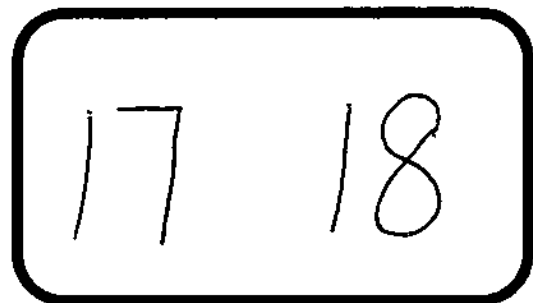
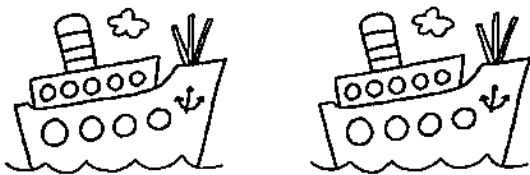
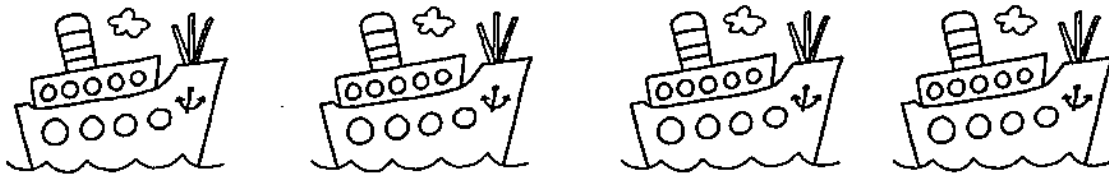
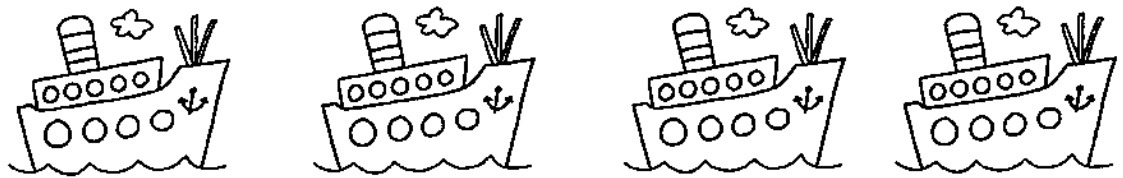
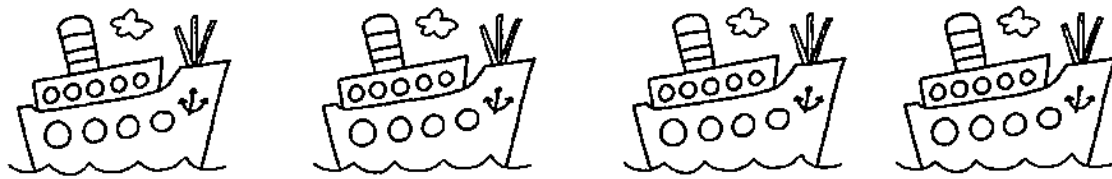
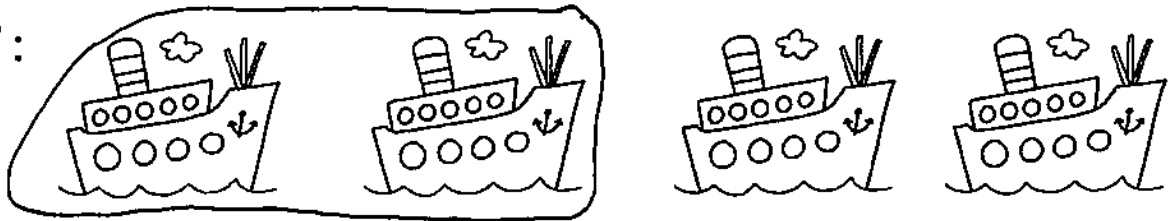


我們坐	巴士	去	濕地公園。
	港鐵		海洋公園。
	飛機		九龍公園。

請每兩個一數圈出物件及於格內圈出正確數字。

Please circle the objects in groups of 2 then circle correct amount.

例：



Date

日期: _____

21-25

21				25

Where are we?

Date: _____

1. Vocabulary



bus



ferry


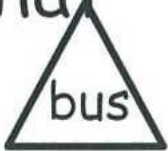
2. Read the sentences with your parents.

We are on a bus.

We are on a ferry.

We are in a taxi.

We are at home.

3. Circle  all the words that say 'ferry' and draw a triangle  around all the words that say 'bus'.

bus



ferry



bus ferry bas felly bus
 ferry femy bus bus
 bos bus feppy ferry
 bus ferry bis ferry

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星光廣播站：

為讓學生能持續學習耶穌的教導，老師在上課期間會使用此應用程式作日常教學，家長亦可在家中下載 RME 星光廣播站，讓學生能隨時透過視頻與家人分享所聽所學。

備註：此應用程式只有中文版本。



RME

In order for students to continue learning about the teachings of Jesus, teachers will use this app during regular classes. Parents can also download the RME Starlight Broadcasting Station App so that students can share what they have learned with their family at home.

Note: This application is only available in Chinese.



來源：天主教教育事務處轄下「宗教及道德教育課程發展中心」

Film Source: "Religious and Moral Education Curriculum Development Centre", Catholic Education Office