

專題研習指引 - 食得健康

Project Guide:

Healthy Eating



1. 書籍 Books

索書號 Call Numbers

- | | | | |
|----------|------|---------|----------------------|
| • 411.1 | 健康教育 | • 612.3 | Digestion |
| • 411.3 | 營養學 | • 613.2 | Dietetics, nutrition |
| • 418.91 | 食物治療 | • 641.5 | Cooking, recipes |

關鍵詞 Keywords

- | | |
|---------|-----------------|
| • 青年 健康 | • Eating |
| • 食物 健康 | • Eat healthy |
| • 健康人生 | • Healthy diet |
| • 健康飲食 | • Healthy meals |
| • 維他命 | • Nutrients |
| • 維生素 | • Nutrition |
| • 營養 | • Teenage diet |
| • 營養餐 | |

<u>名稱</u> <u>Title</u>	<u>索書號</u> <u>Call No.</u>	<u>位置</u> <u>Location</u>
吃對了,永遠都健康 : 生活飲食實踐篇 = How to eat healthy. 陳俊旭 著 中和 : 蘋果屋, 2008.	411.3 7524	YAL
食藥不如食得好 = Eat simply, yet elegantly 周兆祥 [作] 香港 : 皇冠出版社(香港)有限公司, 2009.	411.3 7733	YAL
越吃越健康 : 你吃了什麼, 就成了什麼! Felicia Law and other compilers 編寫 ; Rupert van Wyk, Lyn Gray 插畫 ; [王燕平 譯] 香港 : 新雅文化, 2009.	411.3 4642	YAL
MCCLURE, Ed & Elisa Eat your way to a healthy life. Lake Mary, Fla. : Siloam, 2006.	613.25 MACC	ALE
WARSHAW, Hope. S. Guide to healthy fast- food eating. Alexandria, Va. : American Diabetes Association, 2009	616.46 WAR	ALE
ZAHENSKY, Barbara A. Diet fads. New York : Rosen Pub., 2007.	Y 613.25 ZAH	YAL

2. 視聽資料 Audio-Visual Materials

例子 Examples :

健康大道. 第三十五集 [錄影資料]. 香港 : 香港電台電視部, c2006.	411.1 2043 VS21726(L)	MMIS
PEPIN, Jacques Fast food my way. [S.l.] : Janson Media, c2007.	641.555 PEP DVD21966	MMIS
WILLETT, Walter Eat, drink, and be healthy : the Harvard Medical School guide to healthy eating. CD 1 [sound recording] Fremont, CA : STI Certified Products, 2005.	613.2 WIL GD56673	YAL

3. 雜誌 Magazines

例子 Examples :

中國保健營養	411 5622	CNP
健康生活	411 2023	CNP
Natural Health	613 NAT	CNP
Nutrition Today	613 NUT	CNP

4. 剪報 Newspaper Clippings (慧科電子剪報 Wisenews)

例子 Examples :

“3-5-7 健康飲食新思維”

2010-08-30, 成報, A09, 醫健, 營男營女

“偏食行爲易被忽視”

2010-09-03, AM720, M28, 健康

“營養標籤保健康 關鍵監管須到位”

2010-6-22, 太陽報, A04, 港聞, 社評

“Kids becoming fatter thanks to fast food”

2010-6-24, 中國日報, 27 Metro

“School Children Who Eat Vending Machine Foods Face Increased Risks for Chronic Health Problems, Poor Diet ”

2010-09-03, 美國企業新聞社(英文版)

“Time to shape up and shed pounds”

2010-04-27, 上海日報, C03, Health

5. 線上資料庫 Online Databases

Database : Omnifile Full Text Mega

Examples :

“Finding Joy in Healthy Eating”

Hahn, K. Lisa Edelstein, Prevention (Emmaus, Pa.) v. 62 no. 6 (June 2010) p. 49-52

“White House Proposes Healthy Food Financing Initiative”

Holzman, D.C., Environmental Health Perspectives v. 118 no. 4 (April 2010) p. A156

Database : Opposing Viewpoints Resource Centre

Examples :

“A Vegetarian Diet Does Not Lead to Eating Disorders.”
Ed. Ron Lankford. Detroit: Greenhaven Press, 2007.

“TV Marketing of Junk Food Affects Children's Food Preferences.”
Ed. Jan Grover. Detroit: Greenhaven Press, 2008.

6. 網上資源 Selected Web Resources

GovHK 香港政府一站通：健康飲食
<http://www.gov.hk/tc/residents/health/foodsafes/>

健康飲食大原則 - HA Dietetic Information Centre
http://www.ha.org.hk/dic/gn_01_01.html

「健康飲食在校園」運動
<http://www.smallcampus.net/projects/eatsmart/>

新人類健康飲食
http://www.simonchau.hk/Chinese_B5/books/Healthy-Diet-NH/index.htm

衛生署中央健康育組健康地帶
http://www.chau.gov.hk/b5/info/exercise_04.htm

Healthy Eating: A Guide for Teens
<http://www.youngwomenshealth.org/healthyeating.html>

Healthy Eating Club
<http://www.healthyeatingclub.org/>

Healthy Recipes and Meal Ideas : Food Network
<http://www.foodnetwork.com/healthy-eating/index.html>

Helpguide.org
http://helpguide.org/life/healthy_eating_diet.htm

U.S. Department of Health & Human Resources: Healthy Eating
http://www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm

圖書館資料位置 Location of materials :

ALE	三樓	成人借閱圖書館	Adult Lending Library, 3/F
CNP	五樓	最新報刊閱覽室	Current Newspapers & Periodicals Reading Area, 5/F
MMIS	各層	多媒體資訊系統	Multimedia Information System, all floors (except 7/F)
YAL	六樓	青少年圖書館	Young Adult Library, 6/F

如有任何疑問，請向青少年圖書館職員查詢
Please ask staff at Young Adult Library if you need more help

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