

供中學生參考  
For  
Secondary  
Students

# 專題研習指引 - 食得健康

## Project Guide: Healthy Eating



### 中文資料索書號

- 411.1 健康教育
- 411.3 營養學，飲食習慣
- 418.91 食物治療

### Call Numbers for English Materials

- 612.3 Digestion
- 613.2 Dietetics, nutrition
- 641.5 Cooking, recipes

### 關鍵詞 Title Keywords

- 食得健康
- 食品安全
- 健康人生
- 健康飲食
- 維他命
- 維生素
- 營養
- 營養學
- Eat healthy
- Eating
- Food safety
- Healthy diet
- Healthy meals
- Nutrients
- Nutrition



康樂及文化事務署  
Leisure and Cultural  
Services Department

香港銅鑼灣高士威道 66 號  
香港中央圖書館青少年圖書館  
Hong Kong Central Library, Young Adult Library  
66 Causeway Road, Causeway Bay, Hong Kong

網址 Homepage: [www.hkpl.gov.hk](http://www.hkpl.gov.hk)  
電話 Telephone: 2921 0335

## 1. 書籍 Books

例子 Examples :

<u>名稱</u> <u>Title</u>	<u>索書號</u> <u>Call No.</u>	<u>位置</u> <u>Location</u>
21 天代謝回正飲食：從「食」傾聽心理真正的缺乏,吃好吃對,打破代謝負循環! = Health diet 余朱青著. 新北市: 幸福文化：遠足文化事業股份有限公司, 2022.	411.3 8025	ALE
人本食氣：重返人類最適飲食及無病生活 = Man's higher consciousness 希爾頓.赫特瑪(Hilton Hotema)著；白藍譯。 台北市: 橡實文化, 2023.	411.1 0034	ALE
吃得更聰明：運用食物的力量促進新陳代謝、提升腦力與改變人生的飲食聖經 = Eat smarter 尚恩.史蒂文森(Shawn Stevenson) [著]; 周佳欣譯。 台北市: 健行文化出版事業有限公司, 2023.	411.3 9345	ALE
BURNS, Lisa Cooking from scratch for teens : make your own healthy & delicious food Salem, MA : Page Street Publishing Co., 2023.	641.5 BUR	YAL
LOND-CAULK, Tina Eat well and feel great : the teenager's guide to nutrition and health London : Green Tree, 2022.	613.2083 LON	YAL
RICE, Sam Supercharge your diet : ten easy ways to get everything you need from your food London, Headline Home, an imprint of Headline Publishing Group, 2022	613.2 RIC	ALE

## 2. 電子書 eBooks

例子 Examples :

食粥食出好體質—中醫師的養生美顏秘訣 許惠珍中醫博士, Cook1Cook 著 香港：皇冠出版社, 2021.	SUEP 電子書
COLQUHOUN, James and BOSCH, Laurentine Ten The Food Matters Cookbook : A Simple Gluten-Free Guide to Transforming Your Health One Meal at a Time New York : Hay House LLC. 2022.	eBooks on EBSCOhost

### 3. 剪報 Newspaper Clippings ( 慧科電子剪報 Wisenews )

例子 Examples :

“外賣揀錯食物 惡菌送上門”  
2023-07-10, C08, 副刊, 明報

“有營紅腰豆 配蔬果更補鐵”  
2024-03-25, C07, 副刊, 明報

“飲食背後的情緒密碼 「人如其食」 吃出好心情”  
2024-06-30, B05, 健康人生, 大公報

### 4. 電子資料庫 e-Databases

資料庫： 中國期刊全文數據庫

例子 Examples :

“社會心理因素對青少年飲食行為的影響”  
【作者】俞曉艷、顧文馨、陳諾、朱靜芬【文獻出處】現代預防醫學, 2024 年 04 期

“食品加工對食品營養與安全的影響”  
【作者】周宇明、吳驊【文獻出處】食品安全導刊, 2024 年 10 期

“促進健康飲食行為的助推干預策略：行為公共健康的視角”  
【作者】張寧、楊敏【文獻出處】中國食品衛生雜誌, 2023 年 09 期

**Database : Gale In Context: Biography**

Examples :

Haci Ömer Yılmaz and Mahir Arslan “Dietary total antioxidant capacity in association to depression and sleep quality in Turkish young adults.” *Current Psychology*, Vol.43, Issue 11, Mar 2024. *Gale In Context: Biography*.

Marie-Michelle Blouin, Valérie Simard, Julie Achim, Olivier Laverdière and Dominique Meilleur “Development and validation of a new body image and eating behaviors measure for pregnant women: the maternal body image and eating behaviors scale.” *Current Psychology*, Vol.43, Issue 25, July 2024. *Gale In Context: Biography*.

Yu Yu, Hongyan Yu and Bingcheng Yang “Healthy or tasty: the impact of fresh starts on food preferences.” *Current Psychology*, Vol.42, Issue 29, Oct 2023. *Gale In Context: Biography*.

## Database : Gale In Context: Opposing Viewpoints

### Examples :

Alexandra Bedard, Pierre-Olivier Lamarche, Lucie-Maude Gregoire, Catherine Trudel-Guy, Veronique Provencher and Sophie Desroches “Can eating pleasure be a lever for healthy eating? A systematic scoping review of eating pleasure and its links with dietary behaviors and health.” *PLoS ONE*, Vol.15, Issue 12, 21 Dec 2020. *Gale In Context: Opposing Viewpoints*.

Gitta van den Enden and Kelly Geyskens “Attract the best: The attraction effect as an effective strategy to enhance healthy choices.” *PLoS ONE*, Vol.16, Issue 11, 4 Nov 2021. *Gale In Context: Opposing Viewpoints*.

Nada Kadhim and Catherine E. Amiot “Investigating the impact of eating norms and collective autonomy support vs. collective control on unhealthy eating and its internalization.” *PLoS ONE*, Vol.17, Issue 10, 19 Oct 2022. *Gale In Context: Opposing Viewpoints*.

Tareq M. Osaili, Anas A. Al-Nabulsi, Asma' O. Taybeh, Leila Cheikh Ismail and Sheima T. Saleh “Healthy food and determinants of food choice on online food delivery applications.” *PLoS ONE*, Vol.18, Issue 10, 19 Oct 2023. *Gale In Context: Opposing Viewpoints*.

## 5. 網上資源 Selected Web Resources

### 例子 Examples :

GovHK 香港政府一站通：健康飲食

<https://www.gov.hk/tc/residents/health/foodsafe/healthyeating.htm>

香港營養師協會：Healthy Eating

<https://www.hkda.com.hk/post/20?lang=zh>

衛生防護中心：飲食與營養

<https://www.chp.gov.hk/tc/healthtopics/content/25/8800.html>

Eat well | Nation Health Service

<https://www.nhs.uk/live-well/eat-well/>

Healthy Diet | World Health Organization

<https://www.who.int/initiatives/behealthy/healthy-diet>

Nutrition & Fitness | U.S. Department of Health and Human Services

<https://www.hhs.gov/programs/prevention-and-wellness/nutrition-and-fitness/index.html>

### 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

YAL 六樓 青少年圖書館

Young Adult Library, 6/F

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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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