

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

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



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

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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>
吃對食物更健康 新北市：人類智庫數位科技股份有限公司, 2017.	411.3 6382	ALE
香港人是時候轉「營」 黃凱詩 香港：經濟日報出版社, 2019.	411.3 4420	ALE
營養師百問百答：圖解營養學. 百大飲食迷思全破解 劉素櫻 新北市：和平國際文化有限公司, 2018.	411.3 7254	YAL
MINICH, Deanna The rainbow diet : a holistic approach to radiant health through foods and supplements Newburyport, MA : Conari Press, 2018.	613.2 MIN	ALE
WILCOX, Christine Teens, nutrition, and dieting San Diego, CA : ReferencePoint Press, Inc., c2016.	613.0433 WIL	YAL

## 2. 電子書 eBooks

例子 Examples :

301 醫院營養專家：遠離慢性病從飲食開始 劉英華，薛長勇 北京：化學工業出版社, 2017.	方正 Apabi 中文電子書(成人館藏)
日本醫學博士親身實踐的飲食法：有效減重、美肌、 抗老、防癌、改善糖尿病 稻島司 著；高宜汝 譯 臺北市：方智出版社, 2019.	SUEP 電子書
吃出健康好體質：健康活百歲，飲食很重要 李婉怡 著 新北市：悅讀名品出版, 2017.	HyRead 電子書
REINKE, Beth Bence Healthy Eating Habits Minneapolis : Lerner Publications, 2018.	eBooks on EBSCOhost
ROIZEN, Michael; Crupain, Michael; Spiker, Ted What to Eat When: A Strategic Plan to Improve Your Health and Life Through Food Washington, D.C. : National Geographic, 2018.	OverDrive eBooks

### 3. 多媒體資料 Multi-Media Materials

例子 Examples :

智 Fit 健康飲食與拆解食物敏感專題講座 = Smart Tips on Healthy Diet and Food Allergy Subject Talk 【錄音資料】  
香港：康樂及文化事務署香港公共圖書館, 2019. MMIS

The perfect diet for you? : Ep. 1-3 [videorecording]  
[London] : BBC, 2015. MMIS

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

例子 Examples :

“健康吃對了嗎？個人化營養成趨勢”  
2018-03-22, Economic Daily News, A15, 產業, By 鄭乃源

“健康飲食 抗疫提案”  
2020-02-28, U magazine, F019-033, FOOD FEATURE, By Vera Gee

“Diagnosing the diets: Health professionals urge caution when kids and teens want to restrict what they eat”  
2018-09-06, The Spokesman-Review, By Treva Lind

### 5. 電子資料庫 e-Databases

資料庫： 中國期刊全文數據庫

例子 Examples :

“淺析合理的飲食營養對健康的促進作用”  
【文獻出處】現代食品, Modern Food, 2018 年 07 期

“淺談飲食營養與人體健康”  
【文獻出處】智慧健康, Smart Healthcare, 2020 年 07 期

“研究發現：什麼時候開始健康飲食都為時不晚”  
【文獻出處】心血管病防治知識(科普版), 2017 年 11 期

資料庫： ProQuest Medical & Health Databases

例子 Examples :

Meyers, Amy, M.D. “BRAIN FOOD: 9 FOODS FOR A HEALTHY BRAIN.” *Natural Solutions*; Eagan, Iss. 206, (Dec 2018) : 28-29.

Rinninella, Emanuele, et al. “Food Components and Dietary Habits: Keys for a Healthy Gut Microbiota Composition.” *Nutrients*; Basel, Vol. 11, Iss. 10, (Oct 2019) : 2393.

Yang, YueXin, et al. “New Chinese Dietary Guidelines: Healthy Eating Patterns and Food-Based Dietary Recommendations.” *Asia Pacific Journal of Clinical Nutrition*; Southbank, Vol. 27, Iss. 4, (Jul 2018) : 908-913.

資料庫： **Gale in Context: Science**

例子 Examples：

Kadey, Matthew. "Mindful Eating: Eat, Drink, and Think: A more thoughtful way of eating can bring health and happiness." *Environmental Nutrition*, Vol. 40, Issue 11, Nov. 2017. *Gale In Context: Science*.

"Nutrition Tips to Support Healthy Brain Development Throughout Childhood." *USNews.com*, 2 July 2019. *Gale In Context: Science*.

Webb, Densie. "Healthy Diet, Healthy Brain: Smart eating may help support brain health and optimal cognition as you age." *Environmental Nutrition*, Vol. 41, Issue 8, Aug. 2018. *Gale In Context: Science*.

資料庫： **Gale in Context: Opposing Viewpoints**

例子 Examples：

Fardet, Anthony, and Edmond Rock. "Processing changes the food we eat – here's what that means for our bodies." *Gale Opposing Viewpoints Online Collection*, Gale, 2020. *Gale In Context: Opposing Viewpoints*.

Guisinger, Shan. "Low-Calorie Diets Create Health Problems" *Can Diets Be Harmful?*, At Issue. Greenhaven Press, 2016. *Gale In Context: Opposing Viewpoints*.

Lusk, Jayson L. "Consumer beliefs about healthy foods and diets." *PLoS ONE*, 14 (10) : e0223098, 2019. *Gale In Context: Opposing Viewpoints*.

## 6. 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>

衛生署「健康飲食在校園」運動

<https://school.eatsmart.gov.hk/b5/template/home.asp>

Eat Healthy | HHS.gov

<https://www.hhs.gov/fitness/eat-healthy/index.html>

Healthy eating for teens - NHS

<https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>

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

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