

屯門公共圖書館新設 食物與營養 專題特藏

The newly launched Food and Nutrition Collection at Tuen Mun Public Library

香港人向來著重飲食，但大家的營養知識又是否足夠？對有機食品、營養標籤及基因改造食物又認識多少？飲食與健康息息相關，如何食得健康？

香港公共圖書館去年底在屯門公共圖書館設立「食物與營養」專題特藏，為市民提供實用及適時的資訊，提高大家對食物與營養的認識，養成均衡和健康的飲食習慣。

特藏蒐集與「食物與營養」有關的書籍、期刊、電子書及多媒體電子資料，內容涵蓋六大範圍，包括食物成分與食物標籤制度、基因改造食物與食物安全、生命週期營養學、飲食與健康、肥胖與飲食指引、營養不良與營養補充食物等，提供基本及實用的飲食與健康資訊。

大家現可在屯門公共圖書館的成人圖書館、兒童圖書館、參考圖書館及報刊閱覽室找到特藏資料。此外，為配合上述特藏，圖書館即將推出一站式的「食物與營養特藏」專題網站，讓市民可隨時隨地經網站獲取最新的食物與營養資訊。

圖書館亦會定期舉辦專題講座及巡迴展覽，向市民推廣均衡健康的飲食習慣。六月、八月及十月分別有以下三個主題展覽：「有機食品知多一點點」、「營養標籤是甚麼」及「基因改造食品安全知多點」，有興趣的市民切勿錯過。



Eating well is vital to our physical health. How well do you know about healthy eating? How to make better food choices that help you and your family to stay healthy? Where to learn more about organic food, food labelling and genetically modified food?

A 'Food & Nutrition' Collection was set up last December in the Tuen Mun Public Library to provide the public with one-stop access to useful and updated information on food and nutrition. It aims to enhance the public's knowledge of food and nutrition, helping them develop balanced and healthy eating habits.



The 'Food & Nutrition' Collection include both printed and electronic resources on six areas: food composition and food labeling, genetically modified food and food safety, lifecycle nutrition, food and health, obesity and dietary guidelines, malnutrition and dietary supplements. It provides basic and useful knowledge to the public.

The collection is available at the Adult Lending Library, Children's Library, Reference Library and Newspaper and Periodical Section of the Tuen Mun Public Library. A thematic website on 'Food and Nutrition' will also be available soon to provide more convenient access to information and resources on this topic. Furthermore, the Tuen Mun Public Library will organize subject talks and roving exhibitions regularly to promote a healthy and balanced diet.

