

幼稚園教育計劃
鄰舍輔導會粉嶺幼兒園
中華文化校本學習計劃

學年：2025-2026
Academy Year：2025-2026

對象：本園幼兒及家長
Target Group：Children and Parents of
Our School

活動名稱：中醫健康食療親子活動

Program Name：Parent-Child Chinese Medicine Healthy Dietary Therapy Workshop

活動目標

- 活動以深入淺出的方式向家長介紹中醫藥文化及養生理念。中醫師於講座中與家長積極互動，講解常見食療原則及食材配搭方法，幫助家長認識如何運用中醫食療促進身心健康，達到強身健體及預防疾病的效果。

Program Objective：

- Through an engaging and easy-to-understand approach, parents were introduced to the culture and wellness principles of Traditional Chinese Medicine (TCM). During the seminar, the registered Chinese medicine practitioner actively interacted with parents, explaining common dietary therapy principles and food ingredient combinations. Parents gained practical knowledge on how to apply TCM dietary therapy in daily life to promote physical and mental well-being, strengthen the body, and help prevent illness.

活動簡介

- 由註冊中醫師講解常見食療原則與食材配搭，協助幼兒均衡飲食，促進健康成長。
- 參加者分為個小組進行親子互動環節，每組設專人帶領及解答疑問，以提升參與度。
- 每個家庭獲派一份「清補涼」材料包，由中醫師即場示範與講解各款藥材的配搭及功用，讓家長及幼兒體驗「藥食同源」的概念，從而認識中醫文化。

Program Content

- A registered Chinese medicine practitioner will introduce common principles of dietary therapy and food ingredient combinations, helping parents understand how to provide a balanced diet for young children and support their healthy growth and development.
- Participants will be divided into small groups for parent-child interactive activities. Each group will be guided by a facilitator who will also answer questions, enhancing engagement and participation.
- Each family will receive a “Ching Bo Leung” (Chinese Herbal Soup) ingredient pack. The Chinese medicine practitioner will demonstrate and explain the functions and combinations of various herbal ingredients, allowing parents and children to experience the concept of “food and medicine sharing the same origin” and gain a better understanding of traditional Chinese medicine culture.

活動記錄 Program Record

