

食得有「營」

家長工作坊

有營養 = 不好食？小朋友扭計不肯吃健康食物？家長擔心之餘又不知如何讓小朋友喜歡上有營食物？由香港營養學會營養學家主講的主題講座提升你對孩童營養的認識，並教導簡單又健康的烹飪技巧，更可以一同製作健康茶點，讓小朋友食得有「營」又開心！

對象 成人
(有在讀幼稚園小朋友之家長)

名額 30人起

時間 2小時

(註：工作坊以粵語進行)

工作坊內容

① 兒童營養基礎

- 了解兒童的營養需求
- 認識不同的食物組別及其功能
- 兒童健康飲食的建議及所需份量
- 選購包裝食物的注意事項

③A 製作健康茶點及品嚐*

- 導師示範
- 家長一同製作活力能量球
- 試食製成品

④ 互動問答環節

- *3A/3B兩個環節選一個
- *3A人數上限為50人，3B則不設人數上限

② 簡單煮食示範

- 如何配搭適合小朋友的食材？
- 簡單食譜示範
- 講解烹飪技巧及注意事項

③B 選購兒童包裝食物互動環節*

- 學懂閱讀食物標籤
- 替兒童智選健康茶點小食



活動詳情
使命拓展部
電話 | (852) 3411 8714

地址 | 香港新界馬灣珀欣路33號
電郵 | mission@noahsark.com.hk



香港挪亞方舟 Noah's Ark Hong Kong | Q





食得有“營”家長工作坊

Healthy Diet Parents Workshop

Application Form

申請人資料 Particular of Applicant

機構名稱
Name of Organization : _____

機構地址
Address of Organization : _____

活動負責人 / 聯絡人
Organizer / Contact Person : ** Mr / Mrs / Ms _____ 職位
(Position : _____)

電郵地址 (請以大楷英文填寫)
E-mail address (in BLOCK Letter) : _____ 聯絡電話
Tel No. : _____

活動當日團體領隊
Tour Leader on the day of visit : _____ 手提電話
Mobile : _____

** 請圈出適用者 Please circle whichever is appropriate

參觀資料 Details of Visit

幼兒 (3歲以下) 人數
No. of Children under 3 : _____

兒童 (3-11歲) 人數
No. of Children aged 3-11 : _____ (級別 / Grade)

長者 (65歲或以上) 人數
No. of Seniors (Aged 65 or above) : _____

參觀總人數
Total Number of Visitors : _____

參觀日期 (首選)
Date of Visit (1st Choice) : _____ ()

參觀時間
Time of Visit : _____ 上午 / 下午
a.m. / p.m.

工作坊時間
Time of Workshop : _____ 上午 / 下午
a.m. / p.m.

成人 (12-64歲) 人數
No. of Adults (Aged 12-64) : _____

老師 / 職員人數
No. of Teachers and Staff : _____

傷健人士人數
No. of Disabled : _____
(請略述殘疾類別及程度 Please provide the information of disabling conditions)

參觀日期 (次選)
Date of Visit (2nd Choice) : _____ ()

至 _____ 上午 / 下午
to a.m. / p.m.

至 _____ 上午 / 下午
to a.m. / p.m.

活動項目 Programme	費用 (每位港幣計算; 所有進場人士均按此收費) Price (HK\$ per head, applied to all visitors)
<input type="checkbox"/> 工作坊(3A) (2小時) Workshop(3A) (2 hour)	\$200 (最少人數為 30 人 Minimum 30 participants)
<input type="checkbox"/> 工作坊(3B) (2小時) Workshop(3B) (2 hour)	\$150 (30 人後每加一位 Each Addition participant after 30) (最多人數為 50 人 Maximum 50 participants)
<input type="checkbox"/> 代訂午餐 Food & Beverages [用膳時間 Lunch time: _____]	<input type="checkbox"/> 豐盛閣餐廳午餐 / <input type="checkbox"/> 豐盛閣餐廳下午茶 / <input type="checkbox"/> 中式午宴 <input type="checkbox"/> Harvest Restaurant Lunch / <input type="checkbox"/> Harvest Restaurant Afternoon Tea / <input type="checkbox"/> Chinese Style Lunch

請於適當方格內加上 Please the appropriate box

負責人簽署 Signature and Chop

茲證明所填報資料均正確無誤，並已詳閱及同意附頁之申請須知，包括付款安排、惡劣天氣安排，並其他條款及細則。 The undersigned hereby certifies that all the information provided on this form is complete and accurate, and agrees to the Details of Application, including payment details, adverse weather arrangement, and all of the terms and conditions.
[須由機構負責人，例如校長、主席、主任等簽署 To be signed by the person-in-charge, such as Chairperson, Director, General Secretary, etc.]

姓名 : _____ 簽署 : _____
Name : _____ Signature : _____

職位 : _____ 日期 : _____ 機構印鑒 : _____
Position : _____ Date : _____ Organization Chop : _____

此欄由本館職員填寫 For Office Use Only					
收件日期	負責職員	申請批准 <input type="checkbox"/>	退回申請 <input type="checkbox"/>	取消申請 <input type="checkbox"/>	
備注	旅遊巴申請表 <input type="checkbox"/> 代訂團餐 <input type="checkbox"/> 餐廳留座 <input type="checkbox"/> 訂金發票 <input type="checkbox"/> 餘款發票 <input type="checkbox"/> 其他 : _____				



申請須知 Details of Application

Application Method 申請方法

- Please send the completed application form to Mission Development Team at email mission@noahsark.com.hk or fax to 3411-8701. We will acknowledge your application within 3 working days. 請將填妥的申請表格電郵至 mission@noahsark.com.hk 或傳真至 3411-8701 使命拓展部。我們將於 3 個工作天內回覆。

Payment Details 付款安排

- 50% deposit should be made within 2 weeks once application is accepted. 須於申請被確認後兩星期內繳付 50% 訂金。
- The number of participants should be confirmed and full / balance of payment be made at least seven working days before the date of visit. No amendment on the number of visitors is allowed after confirmation. 須於到訪前最少七個工作天確實人數及繳付餘款。(人數一經落實，恕不更改)。
- Please make a direct deposit to the "Golden Arc Limited" bank account at HSBC: 808 580815 001. If paying by crossed cheque, please make the cheque payable to "Golden Arc Limited" & send the bank in receipt to us by email mission@noahsark.com.hk or fax by 3411-8701. 請將款項存入香港上海滙豐銀行戶口號碼 808 580815 001，收款人為「Golden Arc Limited」。如以支票付款，支票抬頭請寫上「Golden Arc Limited」，並將入數收據電郵至 mission@noahsark.com.hk 或傳真至 3411-8701。
- No refund after payment. 付款後不設退款。

Terms & Conditions 條款及細則

- Prices are valid till June 30, 2025. All prices are subject to change without prior notice. 價目有效期至 2025 年 6 月 30 日。如有更改，恕不另行通知。
- All confirmed transactions / programmes cannot be cancelled. All transactions/ programmes are non-transferable, non-exchangeable and non-refundable. 所有預訂交易或活動一經確認，將不能取消、轉讓、退換或退款。
- All visitors should follow the Rules and Regulations of Ma Wan Park. Please see the Park website or notices for details. 所有進場人士均須遵守馬灣公園挪亞方舟規則和章程，詳情請參閱本網站或園內告示。
- Adverse weather arrangement 惡劣天氣安排
 - ◆ Typhoon Signal No.8 or above and Black Rainstorm Warning 八號或以上颱風訊號及黑色暴雨警告訊號
 - (a) If the signal remains hoisted at 8 am, the program will be cancelled and rescheduled within 3 months. 如訊號在早上八時前懸掛，當天活動將會取消及安排改期並於 3 個月內進行。
 - (b) If the Typhoon Signal No.8 is hoisted during the program, the program will be dismissed immediately. 如八號或以上颱風訊號在活動期間內懸掛，所有活動會即時終止。
 - (c) If the Black Rainstorm Warning Signal is hoisted during the program, the program will be held as scheduled under a safe condition. 如黑色暴雨警告訊號在活動期間內懸掛，所有活動將于安全情況下如常進行。
 - ◆ Special Arrangement for Kindergartens and Primary Schools 因應幼稚園及小學指引的特別安排
 - (a) Special arrangement will be considered if there are any individual guidelines provided by the schools. Please inquire our staff when you submit the application. 本館會考慮學校因應惡劣天氣之活動指引而作出配合，請於申請時向職員查詢。
 - (b) If the school or organization has special outdoor activities guideline, please send us the request with relevant document 7 days before the visit. 如學校或機構備有外出活動指引，請於到訪前 7 天提供相關檔，以便審批安排。
- All content contained herein is subject to change without prior notice. Noah's Ark Hong Kong reserves the right to change or modify the payment details, terms and conditions applicable to use of this form at any time. 香港挪亞方舟保留權利修改上述安排、條款及細則而不須另行通告。
- In case of any dispute, Noah's Ark Hong Kong reserves the right on final decision. 如有任何爭議，香港挪亞方舟保留最終決定權。

Personal Data Privacy Notice 個人資料 (私隱) 收集聲明:

- The personal data being collected via current means will be treated in strict confidence and will be used for the purpose of processing of the application only. 於表格內所提供之個人資料只作處理申請之用。
- Applicant has the right to request access to and correction of any of his/her personal data in accordance with the provisions of the Personal Data (Privacy) Ordinance (Cap.486). 根據《個人資料 (私隱) (修訂) 條例》(第 486 章) 的規定，申請人有權要求查閱及更正表格內所提供的個人資料。

By confirming your booking, all terms and conditions contained herein and terms and conditions of the Privacy Policy and Personal Information collection statements are considered and accepted by the applicant. 所有活動一經預訂及確認，即表示閣下對上述條款及規則、私隱政策聲明及個人資料收集聲明內容清楚理解及接受。