



衛生署

Department of Health

# 有「營」食譜 提交表

## EatSmart Recipes Submission Form

ESR\_S1  
Nov 08 version

食肆名稱 (中文) Restaurant Name (English) :	
聯絡人姓名及職位 Name and title of contact person :	
電話 Telephone :	
傳真 Fax :	

要成為有「營」食肆，食肆除需提名職員接受培訓及通過考核外，於培訓後 10 個工作天內須向秘書處提交最少五款有「營」食譜 (包括「蔬果之選」及「3 少之選」，定義見經理及廚師實用手冊)。

To become an EatSmart Restaurant, food premises not only have to nominate staff members to attend a training and pass an assessment, but also have to submit at least 5 EatSmart Recipes, consisting of both “More Fruit and Vegetables” and “3 Less” dishes (please refer to the Guidebook for Managers and Chefs for definition), within 10 working days after the training to the secretariat.

### 由食肆填寫 To be completed by restaurant

本人/吾等承諾，在評審過程中提供的一切資料及文件，均屬真確無誤及詳盡。

I/ we undertake that all information and documents to be provided in the assessment process will be true, accurate and complete.

請用“✓”檢視以下各項是否已於有「營」食譜中清楚註明：

- 材料的類別，如免治瘦牛肉、低脂奶、較低脂芝士、無糖果醬等。
- 植物油的成分，如大豆油、菜籽油、粟米油等。
- 以茶匙或克為單位列明油、鹽及糖的分量。
- 「3 少之選」的菜式必須連同已填寫的「『3 少之選』菜式評估表」(經理及廚師實用手冊 附件一) 一併提交。

Please use “✓” to check whether all the items are clearly stated in the EatSmart Recipes :

- Type of ingredients. e.g. minced lean beef, low-fat milk, reduced-fat cheese, jam without added sugar etc.
- Oil. e.g. soybean oil, canola oil, corn oil etc.
- List the quantity of oil, salt and sugar in teaspoon or gram.
- A completed checklist for “3 Less” dishes (Guidebook for Managers and Chefs – Appendix I) should be submitted along with the “3 Less” recipe.

開始提供「有『營』菜式」的日期為

Provision of EatSmart Dishes will be started from \_\_\_\_\_

姓名及職銜

Name & Title

日期

Date

請將填妥之表格寄回「有『營』食肆」秘書處 (地址：香港灣仔軒尼詩道 130 號修頓中心七樓)

或傳真至 2591 6127。如有查詢，請與秘書處聯絡，電話：2572 1476；網址：<http://www.eatsmart.gov.hk>

Please sent the completed form to the “EatSmart@restaurant.hk” Secretariat (Address:7/F, Southorn Centre, 130 Hennessy Road, Wan Chai, Hong Kong) or fax to 2591 6127.

For more information, please contact the secretariat at 2572 1476, Website: <http://www.eatsmart.gov.hk>

### For internal use:

Received on \_\_\_\_\_ By Fax / mail \_\_\_\_\_ Handled by \_\_\_\_\_

# 有「營」食譜 EatSmart Recipes

<b>菜式名稱</b> Name of Dish				
<b>有「營」標誌應用</b> EatSmart Logo(s) Used	請在適當的空格內加上“✓”號，可選多項。 Please “✓” the appropriate box(es). <input type="checkbox"/> 蔬果之選 <input type="checkbox"/> 3 少之選 ( 請連同「3 少之選」菜式評估表提交) More Fruit and Vegetables                      3 Less ( Submitted with “3 Less Checklist” )			
<b>材料</b> Ingredients	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
<b>烹調方法</b> Cooking Methods				

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