



衛生署

Department of Health

# 簡介會 有「營」食譜提交表

## Briefing Session EatSmart Recipes Submission Form



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，於培訓前一星期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」，詳情見附上的「參考資料」)。

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 enclosed reference materials, within 3weeks before 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」(附件四)一併提交。
- 下列所提交的「有營菜式」食譜，將於簡介會報名表格內所列明的分店供應。

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 (Appendix 4) should be submitted along with the “3 Less” recipe.
- The following submitted “EatSmart” recipes will be supplied in the restaurant outlets listed in the application form for ESR Briefing session.

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

日期

Name & Title

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 \_\_\_\_\_

樣本

有「營」食譜  
EatSmart Recipes

For official use only:  
 More fruit & vegetables  3 Less  
 Satisfactory  
 Suggestions for improvement (refer to feedback form)

菜式名稱 Name of Dish	香蒜肉碎豆角 (4人分量)			
有「營」標誌應用 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 checked="" type="checkbox"/> 蔬果之選 <input checked="" 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”)			
食材 Ingredients	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
	青豆角 瘦免治豬肉 紅椒 蒜蓉	300 克 25 克 1 隻 適量		
調味料 Seasonings (油、鹽和糖分量必須註明清楚) (Please indicate the quantity of oil, salt and sugar used)	砂糖 菜籽油 生抽	1/2 茶匙 3 茶匙 1 茶匙	清湯 生粉水	3 湯匙 少許
烹調方法 Cooking Methods	1. 青豆角去頭尾、洗淨、切段、飛水備用。 2. 燒熱油，爆香蒜蓉、紅椒，下免治豬肉炒散。 3. 放入青豆角、生抽、砂糖及清湯，炒至熟透，埋生粉芡即可。			
本人同意本食譜作以下修改：(此欄只適用於秘書處建議要修定的內容) I agreed the following amendment of the recipe: (This column is for filling in the amendment of recipe suggested by ESR Secretariat)				
簽名 Signature : _____ 姓名 Name : _____ 職位 Post : _____ 日期 Date : _____				

# 有「營」食譜 EatSmart Recipe

For official use only:  
 More fruit & vegetables       3 Less  
 Satisfactory  
 Suggestions for improvement (refer to feedback form)

於培訓前一星期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」，詳情見附上的「參考資料」）。（如有須要，請自行另外複印此頁。）

<b>菜式名稱</b> Name of Dish	(_____人分量) (To serve _____)			
<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>食材</b> Ingredients	材料名稱 Name of Ingredients	分量 Quantity	材料名稱 Name of Ingredients	分量 Quantity
<b>調味料</b> Seasonings (油、鹽和糖分量必須註明清楚) (Please indicate the quantity of oil, salt and sugar used)				
<b>烹調方法</b> Cooking Methods				
本人同意本食譜作以下修改：(此欄只適用於秘書處建議要修定的內容) I agreed the following amendment of the recipe: (This column is for filling in the amendment of recipe suggested by ESR Secretariat)				
簽名 Signature : _____ 姓名 Name : _____ 職位 Post : _____ 日期 Date : _____				




### Checklist for “3 Less” Dishes


Name of dish : \_\_\_\_\_

Prior to granting the “3 Less” Logo to a dish, please assess the dish with the following criteria and “✓” the appropriate option. If all the answers are “Not applicable / Yes”, the dish fulfills the requirement of “3 Less”. Please grant the “3 Less” Logo to it.

(Please make your own photocopies of this page if needed)

Criteria	Please refer to the Definition of “3 Less” for details	Not Applicable	Yes	No	Remarks
<b>Choice of Ingredients</b>					
1. Use low- or reduced-fat ingredients and foods, e.g. steamed white rice, noodles in soup, non-fried noodles, lean meat, skinless poultry, non-fried plain soybean products, reduced-fat evaporated milk, reduced-fat cheese, etc	Grains, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Use healthier vegetable oil, reduced-fat salad dressing and low-fat spread without added sugar	Fats & Oils / Salad Dressing / Spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Use non-preserved ingredients	Vegetables, Meat, Poultry, Seafood, Eggs, Bean Products and Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Use canned vegetables after blanching or reduced-salt canned vegetables, e.g. reduced-salt canned tomato puree	Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Use natural ingredients or herbs and spices, e.g. garlic, chilli, star anise, lemongrass, basil, etc. for flavoring	Seasonings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Use fruit and fruit products without added sugar, e.g. canned fruits in juice, fruit juice, dried fruits or jam without added sugar	Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
<b>Food Preparation/ Cooking/ Mode of Serving</b>					
7. Low-fat cooking methods, e.g. steaming, boiling in broth, boiling, stewing, baking, stir-frying with small amount of oil	Preparation of Ingredients / Cooking Methods / Mode of Serving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Thin spread or serve spread separately for sandwiches and toasts		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Serve grains and dishes with sauce separately, except baked rice, baked paste, pizza and baked potato		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Serve low-fat salad dressing or sauce separately		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. Dish / Food has already used the least amount of sugar and seasonings with salt (including soy sauce) for favor. Ready-to-use sauce, chicken powder and MSG are not used		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Provide beverages and desserts without added sugar, serve sugar or sweetener separately		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Congratulations! If all the answers above are either “Not Applicable” or “Yes”, the dish concerned will be considered a healthier option. Please grant the  “3 Less” Logo to it and recommend it to your patrons.

Don’t forget that if fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice (or 4 times if uncooked vegetables) as much as the amount of meat and its alternatives present in dish, please also grant the  “More fruit and vegetables” Logo to it!

Assessor:(Signature)\_\_\_\_\_

(Name / Post)\_\_\_\_\_

Date of Assessment:\_\_\_\_\_