

6-24個月嬰幼兒 —

# 7日飲食全攻略

## 7-day Healthy Meal Planning Guide

for 6 to 24 month old children



### ▶▶ 重點推介 · Featuring ◀◀

- 親子菜式
- 一周餐單
- 食物製作技巧
- Parent-baby dishes
- One-week menus
- Food preparation skills



衛生署  
Department of Health

## 引言 Preface

寶寶近六個月大開始進食固體食物，  
由只吸吮母乳或配方奶，過渡至約兩歲時吃質感較軟的成人食物。  
在預備食物給寶寶時，家長可能會遇到一些疑難。我們希望透過這本食譜，  
幫助你了解並學習如何為寶寶準備質感和營養合適的食物。

At about 6 months, babies start eating semi-solid food. They gradually change from  
a milk diet to eating a variety of family foods at around 2 years of age.

This book can help caregivers and parents to prepare  
nutritious and suitable food for your babies during this period.

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## 處理寶寶食物的工具

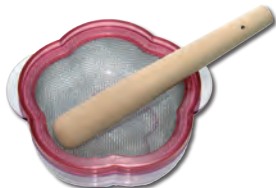
### Tools for preparing solid food for babies

#### 濾網和磨棒

#### Strainer & rod

可把食物磨成幼滑的糊狀，如葉菜、根莖蔬菜、肝臟。

For mashing food into fine puree, e.g. green leafy vegetables, root vegetables, liver.



#### 磨板／刨絲器

#### Grater

可把水果、瓜類磨成蓉狀。

For turning fruit and melon into mash-like consistency.



#### 有坑紋的碗或碟 Bowl with grater edges

可把食物搗爛成泥蓉狀，如根莖蔬菜、瓜類、魚、豆腐、肝臟。

For mashing food such as root vegetables, melon, fish, tofu, liver.

#### 量杯

#### Measuring Cup

用來量米和水。一般而言，一個量杯等如240毫升。

For measuring rice and water. 1 cup equals to 240 ml.



#### 湯匙和茶匙

#### Tablespoon (tbsp) & teaspoon (tsp)

用來搗爛或刮食物蓉，可量度食物的分量。

For mashing food and measuring food portions.



#### 剪刀

#### Scissors

可把食物剪碎，讓寶寶一同分享家人的食物。

For cutting food into smaller pieces. This helps children share the family's food.



熟食物砧板  
For cooked foods

生食物砧板  
For raw foods

#### 生與熟食物的刀和砧板

#### Tools for cutting cooked & raw food

生和熟的食物必須有專用工具。

Raw and cooked food should have designated tools.

#### 攪拌器

#### Blender

適合用來調製較大量的食物糊和食物蓉。

For preparing food purees or mashes in large quantities.



## 嬰兒食物的基本製作技巧

## Baby food preparation basics

六個月至兩歲左右（以下以「引進固體食物過渡期」代替）的寶寶可逐步嘗試不同質感的食物。

Babies can gradually be introduced to different food textures between 6 and 24 months of age.

年齡	食物
約 6 個月	幼滑的糊
7 – 8 個月	稠糊和泥蓉狀食物
9 – 11 個月	有顆粒的泥蓉狀食物，如菜肉粥
1 歲 – 1 歲半	軟飯、切碎的肉和菜
1 歲半 – 2 歲	略為切碎的日常餸菜

Age	Food
About 6 months	Smooth puree
7 – 8 months	Thick puree and mashed food
9 – 11 months	Mashed food with small lumps, e.g. thick congee with finely minced meat and mashed vegetables
1 – 1.5 years	Soft rice, finely chopped meat and vegetables
1.5 – 2 years	Family food, chopped into smaller pieces

寶寶咀嚼能力的發展快慢各有不同，家長應根據寶寶的情況來準備質感合適的食物。

Children vary in their chewing ability. Parents should adjust the food texture to suit your own child.

### 1 嬰兒穀物糊 Infant cereal

#### 做法

1. 在碗內加入嬰兒穀物粉。
2. 把母乳或配方奶分數次加入穀物粉內，並用匙羹拌勻。






#### Method




1. Put infant cereal powder into a bowl.
2. Add breastmilk or formula milk into the infant cereal powder a little at a time, and mix well with a spoon.



#### 醒目小提示

-  若使用奶米粉，則只須用暖開水來沖調。
-  不同品牌的嬰兒穀物粉的沖調方法有異，請參考包裝上的指示，或按寶寶可接受的稀稠程度沖調。
-  可在嬰兒穀物粉加入水果蓉、菜蓉或其他泥蓉狀的食物。

#### Useful tips

-  Some infant cereal contains milk powder. Add water instead of milk.
-  Refer to the instructions on the package for the proportion of milk and cereal powder to use in preparation. You can vary the amount of water or milk added to prepare the texture that best suits your baby.
-  Fruit, vegetable puree or other food mashes can be added to infant cereal.



## 2 粥和軟飯 Congee and soft rice

### 白粥的基本做法

1. 洗淨白米，以水浸泡約 1 小時。
2. 煮滾適量（詳見下方的「醒目小提示」）的水，加入浸好的白米，再用大火煮滾。
3. 水沸後，轉中慢火至白米「開花」，期間間歇地用湯勺攪動。
4. 當煮至適合的稀稠度，便可關火。

### Basic method for cooking congee

1. Wash rice and soak in water for 1 hour.
2. In another pot, bring water (see "Useful tips" below) to a boil. Add in the soaked rice. Bring it back to a boil over high heat.
3. Once the mixture boils, turn to low-medium heat and simmer until the rice turns soft and breaks up. Stir occasionally.
4. Continue simmering until the desired consistency is reached.



### 醒目小提示 Useful tips

調較米和水的比例，便能烹調不同稀稠度的粥和飯！  
Change the amount of water and rice used to get congee and rice of different textures!

稀粥  
Thin congee



1/2 杯白米：5 杯水

1/2 cup rice : 5 cups water

粥  
Congee



1/2 杯白米：3 1/2 杯水

1/2 cup rice : 3 1/2 cups water

軟飯  
Soft rice



1/2 杯白米：2 杯水

1/2 cup rice : 2 cups water

成人飯  
Adult rice



1/2 杯白米：1 杯水

1/2 cup rice : 1 cup water

比例供參考 For reference only



## 菜蓉／菜碎

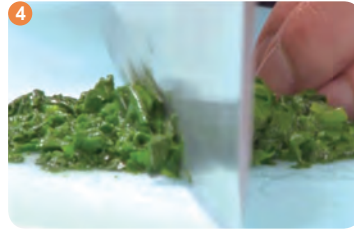
### 3 Leafy vegetable puree/chopped leafy vegetable

#### 做法

1. 用流動的清水把菜沖洗乾淨。
2. 把菜放進沸水焯 1-3 分鐘。撈起菜瀝乾。避免給寶寶飲用菜湯或焯菜水。
3. 把菜放在處理熟食的砧板上，切去莖部。
4. 用交叉方式把菜葉切成適合的粗幼，便可用來烹調寶寶食物，如菜粥。
5. 可用攪拌器、濾網和磨棒，將切碎的菜葉製成菜蓉，給未能進食碎菜的寶寶。
6. 配製的菜蓉應立即食用。#

#### Method

1. Wash the vegetables thoroughly under clean running water.
2. Blanch the vegetables in boiling water for 1 to 3 minutes. Drain in sieve. Do not feed babies the water used for cooking vegetables.
3. On a cutting board for cooked food, remove the stems so that only the leafy part remains.
4. Chop the leaves in different directions until the desired fineness is reached. The vegetable can now be used to cook baby food, e.g. vegetable congee.
5. To make vegetable puree, use a blender or a strainer to grind the chopped leaves.
6. The vegetable puree prepared should be consumed immediately after prepared.#



#### 醒目小提示

把蔬菜用滾水焯 1 分鐘，能有效減少蔬菜中殘餘的有害化學物質。

#### Useful tips

Blanching vegetables in boiling water for 1 minute helps remove harmful chemicals.

# Centre for Food Safety. (2020). The Truth about Nitrate and Nitrite in Vegetables. [https://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_172\\_01.html](https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_172_01.html)  
# 食物安全中心 (2020)。《認清蔬菜中的硝酸鹽及亞硝酸鹽》。  
[https://www.cfs.gov.hk/tc\\_chi/multimedia/multimedia\\_pub/multimedia\\_pub\\_fsf\\_172\\_01.html](https://www.cfs.gov.hk/tc_chi/multimedia/multimedia_pub/multimedia_pub_fsf_172_01.html)



## 4 馬鈴薯蓉 Potato puree/mash

這方法也可用於：  
番薯、南瓜、紅蘿蔔、冬瓜、節瓜等。

### 做法

1. 洗淨馬鈴薯，去皮，切件。
2. 把馬鈴薯放入滾水中，煮至叉子可輕易穿過（約需 10 – 15 分鐘），然後撈起。
3. 趁熱用叉或匙羹把馬鈴薯壓成蓉，期間可加入少量暖開水，令薯蓉濕潤較易壓成蓉。
4. 加入適量暖開水／母乳／配方奶／牛奶，拌勻並調較至適合的稀稠度。
5. 把馬鈴薯蓉放在濾網上過濾，調成幼滑的馬鈴薯糊。

This method applies to sweet potato, pumpkin, carrot, other root and melon-type vegetables, e.g. hairy melon.

### Method

1. Wash and peel the potato. Dice into small pieces.
2. Boil in water for 10 – 15 minutes until the potato pieces are soft enough for a fork to pass through them easily. Drain the water.
3. Mash the potato pieces with a fork or a spoon while they are still hot. Add a little warm water if they are too dry.
4. For a softer texture, add extra breastmilk/formula milk/water and mix well.
5. To make a fine potato puree, press the potato mixture through a strainer.



## 5 水果蓉／水果片 Fruit puree/fruit slices

### 水果蓉

可選熟透和質感較軟的水果，如桃、啤梨、香蕉、個別品種的蘋果、牛油果、木瓜等。

#### 做法一：用磨板

1. 清洗水果，並擦淨外皮。去皮，切件並去核。
2. 利用磨板把水果磨成蓉。

#### 做法二：用茶匙

1. 洗淨水果，然後切成兩半，挖去果芯。
2. 用茶匙輕輕地在果肉上向同一方向刮，便能刮成果蓉。

### 醒目小提示

把磨或刮好的果蓉放入濾網過濾，隔去較粗的果粒，這較適合剛吃固體食物的寶寶。

### Fruit puree or mash

Choose fruits that are ripe and soft in texture, e.g. peaches, pears, bananas, some types of apples, avocados, papaya, etc.

#### Method 1: Use a grater

1. Wash the fruit and rub the skin under running water. Peel and cut into 2 – 4 pieces. Remove the seeds.
2. Grind fruit pieces with grater.

#### Method 2: Use a teaspoon

1. Wash the fruit. Cut into two halves and remove the core.
2. Scrape the fruit in one direction with a teaspoon to make fruit mash.

### Useful tips

Put the mash in a strainer to filter out the lumps. This creates a finer texture for babies just starting to eat solid food.

### 水果片

🍏 一歲左右的寶寶已長出前面的牙齒，能咬斷食物。家長可把水果切成 2 – 3 毫米厚的薄片，鼓勵寶寶自己拿着吃。

🍏 除上述水果外，可選擇其他水果，如西瓜、火龍果、芒果、蜜瓜、布祿、士多啤梨等。

### Fruit slice

🍏 Babies with front teeth can gradually bite through food. Parents may cut fruit into 2 – 3 mm thick slices for them as finger food.

🍏 More fruit choices: watermelon, dragon fruit, mangoes, honey dew melon, plums and strawberries.



用磨板 Using grater



用茶匙 Using teaspoon



切薄片 Thin slices





## 肉蓉／碎（雞／牛／羊／豬）

### 6 Minced meat (chicken/beef/mutton/pork)

#### 做法一：用刀剁碎

1. 洗淨肉塊，抹乾。
2. 在處理生食物的砧板上，把肉切成1毫米厚的薄片，菜刀與肉的紋理成直角，盡量把肉的纖維切斷。
3. 把肉片仔細地切成幼絲。
4. 把幼絲切成肉碎粒，然後以不同方向剁碎。
5. 烹煮時，先加入少量開水拌勻，令肉碎散開。再放進鍋中，邊拌邊煮至熟透。

#### Method 1: Chopping

1. Wash a piece of meat and pat it dry.
2. On the cutting board for raw food, slice the meat into 1 mm thick pieces. When slicing, cut diagonally across and through the fibres.
3. Cut meat slices into fine strips.
4. Cut meat strips into fine lumps, and chop in different directions.
5. When cooking, add water to meat and stir well in the pot to avoid forming lumps.



碎肉糊的做法



s.fhs.gov.hk/zvdso

寶寶咀嚼得到的話，肉碎粒可切得大些。

Chop the meat less finely when your baby can chew better.

Making meat puree



s.fhs.gov.hk/ixsov

#### 做法二：使用攪拌器

1. 先把肉片蒸或焗熟。
2. 在處理熟食的砧板上，把肉片切成0.5 – 1厘米大的粒狀。
3. 把肉粒放入攪拌器內，加入開水，水位須蓋過肉面。
4. 開動攪拌器，期間可停止攪拌以檢查肉的質感。
5. 這個方法所製成的肉碎分量較多，可分數餐使用。已煮熟的肉碎應存放在有蓋的冰模中，放進冰格內最多可儲藏7天。

#### Method 2: Use a blender

1. Boil or steam meat slices.
2. On a cutting board for cooked food, cut the meat into 0.5 – 1 cm dices.
3. Put the meat dices into a blender. Add water until the meat is just covered.
4. Turn on the blender, and blend to the desired texture. Pause the blender to check the texture regularly.
5. This method prepares portions for several meals. Cooked minced meat should be kept in covered ice molds and stored in the freezer for a maximum of 7 days.

# 適合寶寶的食物質感

## Appropriate food textures for babies aged 6 to 24 months

約 6 個月  
About 6 months

1 至 2 歲  
1 to 2 years



粥 Congee



南瓜 Pumpkin



香蕉 Banana



菠菜 Spinach



節瓜 Hairy melon







約 6 個月  
About 6 months

1 至 2 歲  
1 to 2 years



豆腐 Tofu



蛋 Egg



西蘭花 Broccoli



肉 Meat



魚 Fish



## 怎樣設計寶寶的餐單

### How to design recipes for babies

只要懂得合適地配搭不同的食物，寶寶便能得到所需的營養素，同時又可逐步過渡至進食各種食物的家常飯餐。

Through a variety of foods in a baby's menu, he will get the nutrients needed for his growth. This also helps him adapt to eating family food.

### 選擇甚麼食物來做寶寶的飯餐

#### 1 Choosing foods to make meals for babies

##### 1. 包含四大類食物

四大類包括：穀物、蔬菜、水果和肉魚蛋豆類，亦可加入奶類食物來調製菜式。

##### 1. Include 4 main food groups

Include grains, vegetables, fruit and meat. Milk products can also be included.

##### 2. 選擇食物多樣化

寶寶餐單要包含多種食物，讓寶寶接觸不同口味。家長可輪流選取同一類別中各種食物，如不同顏色的水果、蔬菜。

##### 2. Choose a variety of food

Choose a variety of foods in order to expose baby to different flavors. Within each food group, try the food in turn, e.g. fruit and vegetables of different colours.

##### 3. 適合寶寶的咀嚼能力

先試較易製成肉蓉的雞肉，然後才試牛肉。

##### 3. Choose an appropriate food texture

Chicken is softer and less chewy than beef. When trying meat, give chicken first, then beef.

##### 4. 多吃穀物和蔬果

應多吃穀物、蔬菜和水果，肉、魚、蛋、豆類食物則只須適量。選用植物油煮食，如芥花籽油。

##### 4. Serve more grains, vegetables and fruit

Offer grains and vegetables in larger quantities than meat. Use vegetable oils, e.g. canola oil.

##### 5. 從家人的餐單選擇食物

與寶寶分享食物時，鹽和調味料的分量應減少，或在調味前先預留他所需的分量。

##### 5. Choose food from the family's dishes

For babies to share food with the family, reduce salt and seasoning used in cooking, or take out the baby's portion before seasoning.



## 怎樣安排寶寶一天的餐單

### 2 How to design babies' one-day menu

#### 7-11 個月寶寶

7 - 11 個月的寶寶正在適應吃固體食物。當一餐的固體食物包含穀物、蔬菜、肉魚蛋豆類和油分，而分量又足夠寶寶的需要，便可以代替一餐奶，不須補奶。

#### 7-11 month-old babies

From 7 to 11 months, a baby gradually adapts to solid food. When a baby can get enough from a meal containing grains, vegetables, meat and oil, he does not need milk to top up. The meal can replace one milk feeding.

#### 7-8 個月寶寶一天餐單

#### A one-day menu for a 7-8 month-old baby

	因應寶寶的需要餵母乳 Breastfeed as needed	或 or	配方奶 (3-4 次) Formula milk (3-4 times)
固體食物為主的正餐 (1-2 餐) Main meals of solid food (1-2 meals)	半碗粥 ½ bowl congee	½ - 1 湯匙肉類 ½ - 1 tbsp meat	1-2 湯匙蔬菜 1-2 tbsps vegetables
			1 湯匙水果蓉 1 tbsp fruit
	* 加入少量 (½ - 1 茶匙) 油分 Add ½ to 1 tsp oil		
茶點 (1-2 餐) Snack (1-2 meals)	嬰兒餅乾 (間中選擇) Baby biscuits (occasionally)	或 or	水果蓉 Fruit puree

穀物類  
Grains

肉、魚、蛋、豆類  
Meat, fish, eggs & beans

蔬菜  
Vegetables

水果  
Fruits

#### 9-11 個月寶寶一天餐單

#### A one-day menu for a 9-11 month-old baby

	因應寶寶的需要餵母乳 Breastfeed as needed	或 or	配方奶 (2-3 次) Formula milk (2-3 times)
固體食物為主的正餐 (2-3 餐) Main meals of solid food (2-3 meals)	半碗至 1 碗粥 ½ - 1 bowl congee	1 湯匙肉類 1 tbsp meat	2 湯匙蔬菜 2 tbsps vegetables
			2 湯匙水果蓉 2 tbsps fruit
	* 加入少量 (½ - 1 茶匙) 油分 Add ½ to 1 tsp oil		
茶點 (1-2 餐) Snack (1-2 meals)	麪包條 / 番薯條 / 嬰兒餅乾 Bread/sweet potato strips/baby biscuits	或 or	蔬菜條 Vegetable stick
		或 or	水果蓉 / 水果條 Fruit

請參考第 15 頁的圖表 1 和圖表 2，

從主要食物類別揀選食物和配搭分量來設計寶寶的餐單。

Refer to the charts on page 15. Choose food from the major food groups and match the quantities to design a menu for your baby.

## 1-2 歲寶寶

為寶寶準備早、午、晚三次正餐和兩次茶點。

每天的食物分量大致為：

穀物類	1 – 2 碗* 飯
蔬菜	4 – 8 湯匙 #
水果	1/4 – 1/2 碗* 水果粒
肉魚蛋豆類	2 – 4 湯匙 #
奶類	360 – 480 毫升

\* 容量為 250-300 毫升的中號碗

# 中式湯匙；1 湯匙 = 約 20 克切碎的煮熟蔬菜、未煮的碎肉或魚肉

## 1-2 year-old young children

Arrange 3 main meals and 2 snacks a day.

Daily food requirements are about:

Grains	1 – 2 bowls of rice *
Vegetables	4 – 8 tbsps #
Fruits	1/4 – 1/2 bowl *
Meat, fish, eggs & beans	2 – 4 tbsps #
Milk & milk product	360 – 480 ml

\* 250-300 ml medium sized bowl

# Chinese tablespoon; 1 tbsp = about 20g chopped cooked vegetables, raw minced meat / fish

請參考第 15 頁，從主要食物類別揀選和配搭食物來設計寶寶的餐單。  
Refer to page 15. Choose a variety from the major food groups to plan your child's meals.

### 1 – 2 歲幼兒一天餐單的例子

### A one-day sample menu for a 1-2 year-old child

可參考所列的分量預備食物，謹記要讓孩子主導進食的分量。

The listed quantity is for preparing food. At mealtime, let your child decide how much to eat.

早餐 Breakfast	半碗穀物早餐 1/2 bowl cornflake	+	1 小杯 (120 毫升) 奶 A small cup (120 ml) milk	+	2 顆士多啤梨 2 strawberries		
上午茶點 Morning snack	1 小杯乳酪 A small cup yoghurt						
午餐 Lunch	半碗烏冬 1/2 bowl udon	+	1 – 2 湯匙雞肉 1 – 2 tbsps chicken	+	2 湯匙椰菜 2 湯匙番茄 2 tbsps cabbage 2 tbsps tomato		
下午茶點 Afternoon snack	1 片麵包 1 piece bread	或 or	1 小杯 (120 毫升) 奶 A small cup (120 ml) milk	+	1/4 個蘋果 1/4 apple		
晚餐 Dinner	半碗軟飯 1/2 bowl soft rice	+	1 – 2 湯匙魚 1 – 2 tbsps fish	+	2 湯匙西蘭花 2 湯匙紅蘿蔔 2 tbsps broccoli 2 tbsps carrot	+	橙數瓣 A few sections of orange
晚上茶點 (需要時供應) Evening snack (if need)	1 小杯 (120 毫升) 奶 A small cup (120 ml) milk						

穀物類  
Grains

肉、魚、蛋、豆類  
Meat, fish, eggs & beans

奶類  
Milk & milk products

蔬菜  
Vegetables

水果  
Fruits



圖表 1 食物分量換算表

你可根據以下的換算表，從每類主要食物中，配搭不同的食物。

	半碗飯 # =	½ bowl of rice # =
穀物類 Grains	1 碗稠粥	1 bowl of thick congee
	¾ 碗麵、ABC 粉、通心粉、螺絲粉或意大利粉	¾ bowl of noodle, ABC pasta, macaroni, spiral pasta or spaghetti
	半包烏冬	½ packet of udon
	1 片麵包 (1 袋 8 片)	1 piece of bread (8 pieces per bag)
	5 平湯匙 ▲ 乾燕麥片	5 tbsps ▲ of dry oatmeal
	¾ 碗穀類早餐	¾ bowl of breakfast cereal
	1 碗馬鈴薯蓉	1 bowl of mashed potato
	20 克原味餅乾 (如瑪利餅 5 塊) ☆	20 g plain biscuits (e.g. 5 pieces of marie biscuit) ☆
肉、魚、蛋、豆類 Meat, fish, eggs & beans	1 滿湯匙 ▲ 豬 / 牛 / 雞肉 =	1 heaped tbsp ▲ of pork/beef/chicken =
	1 滿湯匙 ▲ 魚肉	1 heaped tbsp ▲ of fish
	半隻全蛋	½ whole egg
	3 湯匙 ▲ 豆腐	3 tbsps ▲ of tofu
	3 湯匙 ▲ 煮熟的豆	3 tbsps ▲ of cooked beans
奶類* Milk & milk products *	120 毫升牛奶的含鈣量 =	Calcium content of 120 ml milk =
	1 片芝士	1 slice of cheese
	約 100 克乳酪	about 100g yoghurt

# 容量為 250-300 毫升的中號碗

# 250-300 ml medium sized bowl

▲ 中式湯匙

▲ Chinese tablespoon

\* 你可讓 6 – 11 個月的寶寶嘗試一些已經巴士德消毒的奶製品，但不應取代母乳或配方奶為主食。

\* Pasteurized milk products can be given to babies aged 6 – 11 months, but it should not replace breastmilk or formula milk as the main source of food.

☆ 原味餅乾含添加糖分亦可能含有反式脂肪，不宜經常進食；

家長宜限制供應，例如間中提供少量餅乾作為茶點。

☆ Plain biscuits are added with sugar and some may contain trans fat.

Avoid eating them frequently. Serve a small portion as a snack occasionally.

圖表 2 常見的蔬菜和水果


Table 2 Fruits and vegetables commonly available in the market

蔬菜 Vegetables	菜心、小白菜、萵菜、菠菜、小棠菜、生菜、椰菜、黃芽白、西蘭花、椰菜花、蜜糖豆、番茄、各種顏色的甜椒、南瓜、茄子、節瓜、翠玉瓜、冬瓜、紅蘿蔔、各種菇菌等	Choy sum, bok choy, Chinese spinach, spinach, Shanghai white cabbage, lettuce, cabbage, Chinese cabbage, broccoli, cauliflower, honey peas, tomatoes, bell peppers, pumpkin, eggplant, hairy melon, zucchini, winter melon, carrots, mushrooms, etc.
水果 Fruits	蘋果、布林、士多啤梨、橙、木瓜、柑、芒果、香蕉、梨、奇異果、藍莓、葡萄、櫻桃等	Apples, plums, strawberries, oranges, papaya, mandarin oranges, mangoes, bananas, pears, kiwifruit, blueberries, grapes, cherries, etc.

## 7-8 個月嬰兒：一星期餐單與食譜

六個月大的寶寶宜先吃少量的食物蓉作適應，到了約七個月時，家長便可以參考以下的食譜來為



他

	星期一	星期二	星期三
午餐*	 菜心蛋黃奶米糊	菠菜魚蓉粥	番薯蓉蛋黃粥
茶點	水果蓉 或 嬰兒餅乾（間中選擇）		
晚餐*	木瓜奶米糊	 南瓜豆腐粥	魚肉紅蘿蔔奶米糊

\* 午晚餐可配少量水果蓉

At 6 months old, your baby can begin trying small amounts of puree. Once your baby is used to purees, at around

7 m

	Mon	Tue	Wed
Lunch*	 Rice cereal with choy sum & egg yolk	Spinach & fish puree congee	Mashed sweet potato & egg yolk congee
Snack	Fruit puree or Baby biscuits (occasionally)		
Dinner*	Rice cereal with papaya puree	 Pumpkin & tofu congee	Rice cereal with fish & carrots

\* Serve a small amount of fruit puree at lunch and dinner





## One-week menu and recipes for 7 – 8 month-old babies

為他們設計餐單。

星期四	星期五	星期六	星期日
豆腐蓉香蕉米糊	雞肉青豆粥 <span>P. 20</span>	西蘭花牛肉薯蓉	番茄魚蓉粥
水果蓉 或 嬰兒餅乾（間中選擇）			
冬瓜番茄豬肝粥 <span>P. 21</span>	椰菜肉碎粥	節瓜雞蓉粥	菠菜牛肉粥

and 7 months old, you can consult the menus below to help you design meal plans for your baby.

Thu	Fri	Sat	Sun
Tofu & banana rice cereal	Chicken & green pea congee <span>P. 20</span>	Mashed potato & broccoli with minced beef	Tomato & fish puree congee
Fruit puree or Baby biscuits (occasionally)			
Winter melon, tomato & pork liver congee <span>P. 21</span>	Cabbage & minced pork congee	Hairy melon & chicken puree congee	Spinach & beef congee

# 南瓜豆腐粥

Pumpkin and tofu congee

7 - 8 個月 7-8 month old



## 省時提示 Time-saving tips



南瓜、番薯、紅蘿蔔、馬鈴薯等可預先蒸熟，壓成蓉，然後放進冰模裏蓋好，再放入已貼上製作日期標籤的密封膠袋內，最後儲存於冰箱冷藏，最多可存放一星期。

食用前，取出所需分量，放在碗內於雪櫃冷凍格內解凍，然後徹底翻熱至滾燙，或把冷藏的食物蓉直接放進鍋中翻熱。

Vegetables like pumpkin, sweet potatoes, carrots, potatoes, etc. can be cooked, mashed and frozen in advance. First put the food mash into an ice mold, cover well and then put it into a zip plastic bag. Label the preparation date. The mash can be stored in the freezer for up to 1 week.

When using the mash, take the portion required. Defrost it in a bowl inside the refrigerator and reheat it thoroughly to boiling. You can also cook the frozen food mash directly until it is steaming hot.

## 材料 ●● (2次分量) Ingredients ●● (2 servings)

- |                            |   |
|----------------------------|---|
| 3 滿湯匙南瓜 (去皮，去核，切粒，約 1 厘米)， | 3 heaped tbsps pumpkin (skin and seeds removed, cut into 1 cm cubes), |
| 3 滿湯匙豆腐，                   | 3 heaped tbsps tofu,  |
| 1 碗半粥，                     | 1½ bowls congee,  |
| 1 茶匙植物油                    | 1 tsp vegetable oil   |



## 做法 ●●

1. 南瓜粒隔水蒸 10 - 15 分鐘至軟。用叉把豆腐和南瓜壓成蓉，備用。
2. 把粥煮滾\*，加入豆腐蓉和南瓜蓉，拌勻。轉為中火，加入植物油多煮 2 分鐘即可。

## Method ●●

1. Steam pumpkin cubes for 10 - 15 minutes until soft. Mash pumpkin and tofu together using a fork. Set aside.
2. Bring congee to a boil\*. Stir in mashed tofu and pumpkin. Lower to medium heat. Add vegetable oil and cook for another 2 minutes and serve.

\* 請參考第 5 頁「嬰兒食物的基本製作技巧」了解白粥的基本製法。

\* Please refer to p.5 'Baby food preparation basics' for making congee.

## 食譜變化 Recipe variations

可使用其他瓜菜或根莖類蔬菜代替南瓜，如冬瓜、合掌瓜、番薯、紅蘿蔔等。

Pumpkin can be replaced by melon-type and root vegetables, such as winter melon, palm melon, sweet potatoes, carrots, etc.



## 菜心蛋黃米糊

Rice cereal with choy sum and egg yolk



### 營養小提示 Nutrition tips

除嬰兒米粉外，亦可讓寶寶嘗試其他已加添了鐵質的穀物糊（閱讀包裝上的營養標籤，了解產品是否加入鐵質）。

Infant rice cereal can be replaced by cereal made by other grains (read the nutrition label on the package to check if iron is added).

7-8 month old

### 材料

- 6 平湯匙嬰兒米粉，
- 160 毫升 (5 ½ 安士) 母乳或嬰兒配方奶，
- 5 片菜心嫩葉，
- 半隻蛋黃

### Ingredients

- 6 level tbsps infant rice cereal,
- 160 ml (5½ oz) breastmilk or formula milk,
- 5 pieces choy sum leaves,
- ½ egg yolk



### 做法

1. 洗淨菜心，放在滾水焯熟，取出瀝乾。把菜葉切碎或用過濾網磨成菜蓉\*。
2. 把雞蛋放在鍋中，注入清水，煮約 10 分鐘至熟透。然後剝去蛋殼，取出半隻蛋黃，

用叉把蛋黃壓碎，並加入少量開水調成滑糊狀。

3. 把奶加入嬰兒米粉調成米糊\*，加入菜心蓉和蛋黃蓉便可食用。

\* 請參考第 4 頁和第 6 頁「嬰兒食物的基本製作技巧」了解米糊和菜蓉的製法。

### Method

1. Wash the choy sum. Blanch in water. Drain and chop finely and grind through a strainer to make a smooth vegetable puree\*.
2. Place an egg in a pot. Add water and bring to a boil. Cook the egg for 10 minutes until done. Remove the egg shell and take out ½ of the egg yolk.

Mash with a fork and mix with a small amount of water to form a smooth puree.

3. Mix milk with baby rice cereal\*. Add vegetable and egg yolk puree, and mix well to serve.

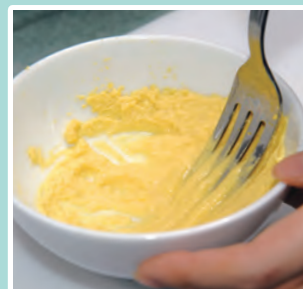
\* Please refer to p.4 and p.6 'Baby food preparation basics' for making rice cereal and vegetable puree.

### 要點 Key point



用叉把蛋黃壓碎。

Use a fork to mash the egg yolk.



加入少量暖水把蛋黃調較成滑糊狀。

Add a small amount of warm water to create a smooth texture.



## 雞肉青豆粥

## Chicken and green pea congee



### 營養小提示

Nutrition tips

用肉煮成的肉汁或肉湯，只含少量營養素。如要攝取較多的肉類營養素，如鐵質，可因應寶寶能接受的食物質感，把肉類剁碎或攪碎成肉蓉，讓他直接進食以吸收更多營養素。

Meat broth contains very few nutrients. To ensure that baby gets the maximum amount of nutrients from meat, e.g. iron, feed him with meat which is minced finely to an appropriate texture.

### 材料

(2次分量)

- 2 滿湯匙去皮雞肉（剁碎\*），
- 2 滿湯匙青豆（新鮮或冷藏），
- 1 碗半粥\*，
- 1 茶匙植物油

### Ingredients

(2 servings)

- 2 heaped tbsps skinless chicken meat (minced\*),
- 2 heaped tbsps green peas (fresh or frozen),
- 1½ bowls congee\*,
- 1 tsp vegetable oil



### 做法

1. 先把青豆煮熟，瀝乾。  
然後放在濾網上，用匙羹背把青豆壓成蓉並隔去青豆皮。
2. 把粥煮滾，加入已剁碎的雞肉\*。用筷子拌勻並把雞肉弄散，煮至熟透。
3. 加入青豆蓉及植物油，煮滾即可。

### Method

1. Cook green peas well in boiling water. Drain.  
Push green peas through a strainer using a spoon to remove the skin and make a puree.
2. Bring the congee to a boil. Add minced chicken\* and stir well with chopsticks so that the meat pieces do not stick together. Cook until the chicken is done.
3. Add green pea puree and vegetable oil. Bring the mixture back to boil. Serve.

\* 請參考第 5 頁和第 9 頁「嬰兒食物的基本製作技巧」了解白粥和肉蓉的製法。

\* Please refer to p.5 and p.9 'Baby food preparation basics' for ways to prepare congee and minced meat.

### 烹飪小提示

Cooking tips

纖維較多的蔬菜和乾豆類食物（如粟米粒和紅腰豆等），皆對寶寶有益。只要先煮軟，再用湯匙壓成蓉，並在濾網過濾，寶寶便能享用更多種類的食物。

Fibrous vegetables and dry beans (legumes) are good for your baby. You can mash the boiled vegetables/beans by using a strainer with a tablespoon to create a smooth texture for your baby.

### 要點

Key point



把青豆放進濾網用湯匙壓碎。

Use a spoon to mash the green peas through a strainer.



# 冬瓜番茄豬肝粥

Winter melon, tomato and pork liver congee



## 營養小提示 Nutrition tips

肝臟含有非常豐富的鐵質和維生素 A，這兩種營養素是兒童健康發展的必要元素。不過，攝取過量維生素 A 會對身體有害，所以限制兩星期內不可進食肝臟多於一次。

肉類、魚、蛋所含的鐵質易被人體吸收。深綠色的葉菜，如菠菜、菜心、莧菜，尤其是菜葉的部分，亦含有豐富的鐵質。飯前或飯後吃點維生素 C 豐富的水果，如橙、奇異果、士多啤梨等，有助吸收鐵質。

Liver is very rich in iron and vitamin A. Both nutrients are essential for the health and development of infants and children. However, too much vitamin A is harmful. Liver should not be eaten more than once every 2 weeks.

Iron from meat, fish and eggs can be easily absorbed by the human body. The leafy parts of dark green leafy vegetables, e.g. spinach, choy sum, Chinese spinach, etc., are also rich in iron.

To get the maximum amount of iron from vegetables, include vitamin C-rich fruit in a meal, such as oranges, kiwifruits or strawberries.

## 材料

- 2 塊冬瓜 (去皮, 切粒, 約 3 厘米),
- 1/8 個番茄 (小型),
- 1 片豬肝 (壓成 1 湯匙肝蓉),
- 1/2 - 1 碗稀粥\*

## Ingredients

- 2 pieces winter melon (skin removed, cut into 3 cm cubes),
- 1/8 tomato (small),
- 1 slice pork liver (to make 1 tbsp of puree),
- 1/2 - 1 bowl thin congee\*



## 做法

1. 番茄去籽。
2. 把冬瓜粒和番茄放進沸水中煮熟，瀝乾。
3. 用叉把冬瓜壓成蓉。
4. 撕去番茄皮，番茄肉切幼粒或以濾網壓成蓉。
5. 豬肝隔水蒸熟，然後用叉或濾網壓成蓉。
6. 把白粥底煮滾，加入冬瓜蓉、番茄蓉和豬肝蓉，再煮滾 3 分鐘，即成。

## Method

1. Remove the seeds from the tomato.
2. Boil the winter melon and tomato in water until soft. Drain.
3. Mash the winter melon with a fork.
4. Remove the skin from tomato. Chop finely or grind through a strainer to make a puree.
5. Steam the pork liver until it is done. Mash with a fork or grind through a strainer to make a smooth puree.
6. Bring congee to a boil. Add melon, tomato and liver puree and boil for 3 minutes. Serve.

\* 請參考第 5 頁「嬰兒食物的基本製作技巧」了解白粥的基本製法。

\* Please refer to p.5 'Baby food preparation basics' for ways to prepare congee.

## 要點 Key point



豬肝隔水蒸一蒸便可，太熟便很難壓成蓉。

Mashing will be difficult if liver is overcooked.

## 9-11 個月嬰兒：一星期餐單與食譜



### < 親子餐單 >

9-11 個月寶寶的食材可於家人餐單中變化出來。這樣不但能令寶寶漸漸習慣吃家人餐，

還可

	星期一	星期二	星期三
嬰兒午餐*	番茄碎牛肉 清湯烏冬 (或素麩)	雞肉節瓜粥 / 軟飯	豆腐牛肉碎蒸蛋伴 菜蓉粥 / 軟飯
家人午餐	番茄炒牛肉配 清湯烏冬	節瓜炒雞柳	豆腐牛肉碎蒸蛋 + 蒜蓉炒小白菜
茶點	芝士片 + 蘋果蓉	西瓜粒 + 餅乾	芒果蓉乳酪
嬰兒晚餐*	豆腐豬肝菜蓉粥	魚肉番茄馬鈴薯 字母粉	茄子豬肉碎 燕麥粥 / 軟飯
家人晚餐	肉碎釀豆腐 + 小白菜豬肝湯	番茄馬鈴薯煲 大眼雞魚湯 + 蒜蓉炒芥蘭	蒜蓉茄子豬肉碎煲 + 炒蜜糖豆

\* 午晚餐可配水果



### < Parent-child menus >

9-11 month-old babies can start sharing food with their families. This does not only help babies adapt to

the

	Mon	Tue	Wed
Baby's lunch*	Tomato & minced beef udon in clear broth	Chicken & hairy melon thick congee/soft rice	Steamed egg with tofu & minced beef + Vegetable thick congee/soft rice
Family's lunch	Stir-fried tomato & beef with udon in clear broth	Hairy melon & chicken stir-fry	Steamed egg with tofu & minced beef + Stir-fried bok choy
Snack	Cheese slice + Apple puree	Watermelon cubes + Biscuits	Yoghurt with mango puree
Baby's dinner*	Tofu & pork liver congee with vegetable puree	Alphabet pasta with fish, tomato & potato	Eggplant & minced pork in oatmeal porridge/soft rice
Family's dinner	Steamed & stuffed tofu with minced pork + Bok choy & pork liver in soup	Fish soup with tomato & potato + Stir-fried kale	Braised eggplant with minced pork & garlic + Stir-fried honey peas


\* Serve fruit at lunch and dinner









## One-week menu and recipes for 9 – 11 month-old babies

還可以為忙碌的父母節省時間！你可參考有此標誌  的菜式！

星期四	星期五 	星期六 	星期日 
馬蹄肉碎生菜粥／軟飯	芝士雜錦豆薯蓉＋西蘭花	豆腐紫菜肉碎粥／軟飯	香蕉奶麥片 
馬蹄蒸肉餅＋焯生菜	雜豆沙律配西蘭花	豆腐紫菜肉丸湯飯	牛奶麥片＋香蕉＋番茄蛋三文治
鮮奶燉蛋伴木瓜蓉	番薯條 	橙＋餅乾	豆腐花
牛肉菜心粥／軟飯	魚肉小棠菜稠粥／燴飯	紅衫魚西蘭花粥／軟飯	南瓜肉碎素麩 
菜心炒牛肉＋冬菇雲耳炆素雞	蒸鯪魚＋炒小棠菜＋粟米紅蘿蔔瘦肉湯	煎紅衫魚＋蒜蓉炒西蘭花 	蒜蓉豆豉炆南瓜排骨＋菜心湯素麩

to the family's diet, it also saves time for busy parents. You can refer to dishes with the  picture!

Thu	Fri 	Sat 	Sun 
Water chestnut, pork & lettuce congee/soft rice	Mashed potato with mixed beans & cheese + Broccoli	Tofu, seaweed & minced pork thick congee/soft rice	Oatmeal with banana & milk
Water chestnut pork patty + Blanched lettuce	Mixed bean salad, braised broccoli 	Rice in soup with tofu, seaweed and meatballs	Oatmeal with milk + Banana + Tomato & egg sandwich
Steamed egg custard with papaya puree	Sweet potato sticks	Orange + Biscuits	Tofu pudding
Beef & choy sum in thick congee/soft rice	Fish & mixed vegetables thick congee/soft rice	Golden thread fish & broccoli congee/soft rice	Pumpkin & minced pork noodles 
Stir-fried choy sum with beef + Soy chicken, mushroom black fungus stew	Steamed grass carp + Stir-fried Shanghai white cabbage + Sweet corn & carrot soup with lean pork	Pan-fried Golden thread fish + Stir-fried broccoli with garlic 	Braised pork ribs & pumpkin with garlic & fermented soy bean + Choy sum & noodle in soup

## 豆腐紫菜肉碎粥／軟飯

Tofu, seaweed and minced pork thick congee/soft rice



### 營養小提示 Nutrition tips

我們只要在平日進食少量碘質豐富的食物，便可滿足日常身體對碘質的需要。攝取足夠的碘質有助神經系統的發展。除海帶和紫菜含有豐富碘質外，海魚和甲殼類海產如：蠔、青口、帶子、蝦等亦含有碘質，其他含碘的食物包括奶和蛋。

Iodine intake is essential for the development of the nervous system. A small amount of iodine-rich food is enough to meet this need. Kelp and seaweed are rich in iodine. Seawater fish and shellfish such as oysters, mussels, scallops and shrimp also contain iodine. Milk and eggs also provide some iodine.

9 - 11 個月 9 - 11 month old

### 材料 ●●

- 3 湯匙豆腐（壓蓉），
- 2 滿湯匙即食壽司紫菜（撕碎），
- 1 滿湯匙豬肉（剁碎），
- 1 碗粥或半碗軟飯，
- ½ 茶匙麻油

### Ingredients ●●

- 3 tbsps tofu (mashed),
- 2 heaped tbsps sushi seaweed (torn into pieces),
- 1 heaped tbsp pork (minced),
- 1 bowl congee or ½ bowl soft rice,
- ½ tsp sesame oil



### 做法 ●●

1. 豬肉剁碎\*後加少量水拌勻，使肉碎散開。
2. 煮滾粥或加熱軟飯。一邊加入豬肉碎，一邊拌勻。轉中火，把豬肉煮至熟透。
3. 加入紫菜和豆腐，拌勻，加入麻油，再煮 2 分鐘，即成。

### Method ●●

1. Add a small amount of water to the minced pork\* and stir.
2. Bring congee to a boil or re-heat soft rice. Add minced pork and stir. Lower to medium heat and cook until pork is done.
3. Add seaweed and mashed tofu. Mix well. Add sesame oil and cook for another 2 minutes and serve.

\* 請參考第 9 頁「嬰兒食物的基本製作技巧」了解肉碎的製法。

\* Please refer to p.9 'Baby food preparation basics' for ways to prepare minced meat.

### 要點 Key point



加入少量水能令肉碎散開。

Mix minced pork with a small amount of water.



## 南瓜肉碎素麩

### Pumpkin and minced pork noodles



#### 營養小提示 Nutrition tips

粉、麩、意粉、米飯、麩包等同屬穀物類食物，為人體提供熱量（卡路里）。如要增加寶寶對食物的興趣，可選用不同顏色和形狀的粉麩。

Noodles, pasta, rice and bread are all examples of grains and cereal products. They provide energy for the human body. To make food more attractive, choose noodles or pasta with different colors and shapes.

#### 材料 ●●

- 2 – 3 滿湯匙南瓜（去皮，去核，切粒，約 1 厘米），
- 1 – 1½ 滿湯匙豬肉（切碎），
- ½ 束素麩（或稱福建麩，1 束素麩可製成 2 份），
- 1 小片薑（可選擇），
- 1 碗半水，
- ½ 茶匙植物油

#### Ingredients ●●

- 2 – 3 heaped tbsps pumpkin (skin and seeds removed, cut into 1 cm cubes),
- 1 – 1½ heaped tbsps pork (minced),
- ½ bunch plain Chinese noodles (also called Fukien noodles, 1 bunch makes 2 servings),
- 1 small slice ginger (optional),
- 1½ bowls water,
- ½ tsp vegetable oil



#### 做法 ●●

1. 把素麩放入滾水中，煮 5 分鐘，撈起備用。
2. 把植物油加入煲內，加入薑片及南瓜，略略煎香，加入 1 碗半水，煮滾。以中火煮 3 – 5 分鐘，把南瓜煮軟成南瓜湯。
3. 加入切好的肉碎和煮熟的素麩，然後把肉碎煮至熟透。
4. 給寶寶食用前，宜將麩條剪成 1 厘米。

#### Method ●●

1. Cook noodles in boiling water for 5 minutes. Drain and set aside.
2. Heat vegetable oil in pot, lightly fry the ginger and pumpkin. Add 1½ bowls of water, bring to boil. Simmer for 3 – 5 minutes over medium heat until the pumpkin is softened and becomes pumpkin soup.
3. Add minced pork and noodles to the soup. Cook until the pork is done.
4. Cut noodles into 1 cm long strips before serving.

#### 烹飪小提示 Cooking tips

為了節省食物和時間，家長可根據寶寶的食物來設計家人的餐單。例如寶寶的食物是南瓜肉碎素麩，家長可利用當中的南瓜和豬肉，為家人烹煮蒜蓉豆豉南瓜燜肉排。

To save time and avoid wasting food, design the family's meals based on what is suitable for your baby. For example, if the baby's meal uses pumpkin and pork as ingredients, the family dish could be braised pork ribs and pumpkin with garlic and fermented soy beans.

#### 要點 Key point



把麩條剪成 1 厘米。

Cut noodles into 1 cm long strips to avoid choking.



# 魚肉番茄馬鈴薯字母粉

Alphabet pasta with fish, tomato and potato



## 烹飪小提示 Cooking Tips



大眼雞魚（即木棉魚）是十分適合用作滾湯的材料。此外，還有其他魚湯款式，包括：

- 芥菜豆腐魚湯；
- 木瓜鯪魚尾湯；
- 紅蘿蔔番茄洋蔥魚湯。

Big eyes is good for making soup. Some other fish soup examples are:

- Mustard green and tofu fish soup;
- Papaya and grass carp soup;
- Carrot, tomato, onion and fish soup.

### 材料 ●●

(4人分量)

### Ingredients ●●

(4 servings)

家人餐 — 番茄馬鈴薯煲大眼雞魚湯：

Family's dish – Fish soup with tomato & potato:

- 3 個番茄（中型，切件），
- 1 個馬鈴薯（中型，去皮，切件），
- 3 條大眼雞魚（即木棉魚，去皮），
- 1.5 公升滾水，1 片薑，
- 2 茶匙植物油

- 3 pieces tomato (medium-sized, cut into pieces),
- 1 piece potato (medium-sized, peeled, cut into chunks),
- 3 pieces big eyes (skin removed)
- 1.5 L boiling water, 1 slice ginger,
- 2 tsps vegetable oil

寶寶餐：½ – 1 碗字母粉

Baby's dish: ½ – 1 bowl alphabet pasta

### 做法 ●●

### Method ●●

1. 洗淨大眼雞魚，抹乾。
2. 燒熱平底鍋，下油，爆香薑片。把魚煎約 5 分鐘。在魚背取出 1 滿湯匙魚肉作寶寶餐材料。
3. 把煎好的魚放進煲魚湯袋內紮好，然後連同番茄和馬鈴薯加入煮滾的水中，蓋上鍋蓋用中火煲 30 – 40 分鐘。最後可加少許鹽（約 ¼ 茶匙）調味。

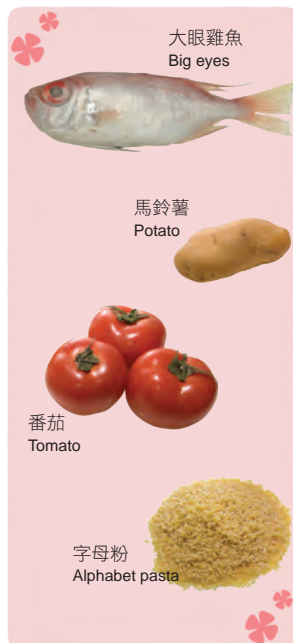
1. Wash big eyes and pat it dry.
2. Heat the oil in a pan. Add the ginger and pan-fry the fish for 5 minutes. Remove from pan. Remove 1 tablespoon of fish flesh from the back of the fish for baby's dish.
3. Place the remaining fish into a fish bag. Tie up and place the bag in a large pot of boiling water together with the tomato and potato. Cover with a lid and cook over medium heat for 30 – 40 minutes. Season with salt (about ¼ tsp) if needed.

寶寶餐 — 魚肉番茄馬鈴薯字母粉：

Baby's dish – Alphabet pasta with fish, tomato & potato:

1. 把字母粉放入滾水，煮至軟身，然後過冷河，瀝乾水，備用。
2. 把上述步驟（2）的魚肉去骨和搗碎。
3. 從魚湯中取出番茄肉和 ⅓ 碗馬鈴薯，用叉壓碎。
4. 取適量魚湯在鍋中加熱，然後加入煮好的字母粉。煮滾後加入番茄、馬鈴薯和魚肉，拌勻即可。

1. Cook the alphabet pasta until soft in boiling water. Rinse under cold water and drain. Set aside.
2. Remove the bones from the fish flesh that you reserved earlier (step 2 above) and crush into pieces.
3. Take out the tomato and ⅓ bowl potato from the soup. Crush into small pieces with a fork.
4. In a pot, add cooked pasta with some soup. Bring it back to a boil. Add tomato, potato and fish pieces. Mix and serve.





## 芝士雜錦豆薯蓉

Mashed potato with mixed beans and cheese



### 營養小提示 Nutrition tips

不同品牌的芝士含鹽量各有差異，購買時宜比較每100克芝士所含鈉質（即鹽）的分量，然後選用含鈉量較低的產品。

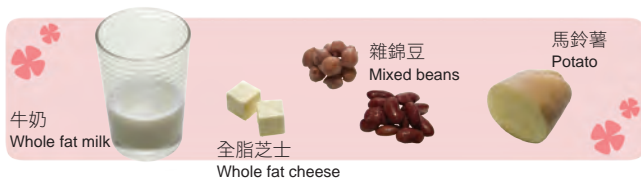
The salt content of different brands of cheese varies. Compare the sodium (i.e. salt) content per 100 g on the nutrition label and choose a product with a lower sodium content.

### 材料

半碗馬鈴薯（去皮，切塊），  
2 滿湯匙雜錦豆（罐裝已煮熟的紅腰豆、鷹嘴豆），  
半片全脂芝士（切粒），  
適量熱開水或牛奶（可用母乳或配方奶粉代替）

### Ingredients

½ bowl potato (peeled, cut into pieces),  
2 heaped tbsps mixed beans (canned cooked kidney beans, chickpeas),  
½ slice whole fat cheese (cut into pieces),  
appropriate quantity of hot water or whole fat milk (breastmilk/formula milk)



### 做法

1. 把雜錦豆煮至軟身，瀝乾。用叉或匙羹壓成蓉，備用。
2. 把馬鈴薯塊煮 10 - 15 分鐘至軟身，瀝乾。用叉壓成薯蓉\*，然後加入適量熱開水或熱奶，拌勻，令薯蓉質感更滑。
3. 在薯蓉還熱的時候加入芝士和豆蓉。攪拌至芝士溶化和均勻便可食用。

\* 請參考第 7 頁「嬰兒食物的基本製作技巧」了解馬鈴薯蓉的製法。

### Method

1. Cook mixed beans in boiling water until softened. Drain and mash with a fork or spoon. Set aside.
2. Cook the potato in boiling water for 10 - 15 minutes until soft. Drain. Mash with a fork. Add an appropriate amount of hot water/milk and mix until smooth\*.
3. While the mashed potato is still hot, add cheese and mashed beans. Mix until the cheese melts. Serve.

\* Please refer to p.7 'Baby food preparation basics' for details of how to make potato mash.

### 要點 Key point



用匙羹把已煮軟的雜豆壓成蓉。

Mash mixed beans with a spoon.



# 紅衫魚西蘭花粥／軟飯

Golden thread fish and broccoli congee/soft rice



## 營養小提示 Nutrition tips

三文魚、紅衫魚、木棉魚、沙甸魚等含有豐富DHA 脂肪酸，有助神經系統和視力的發展。

人體能將植物油（如芥花籽油、葵花籽油等）中的必需脂肪酸轉化成DHA。家長在烹調寶寶的食物時，可使用適量的植物油。

DHA is a type of fatty acid that aids in the development of the nervous system and vision. The main food sources are seawater fish, such as salmon, golden thread fish, big eyes and sardines.

The human body converts essential fatty acids from vegetable oil (e.g. canola oil, sunflower oil) into DHA. You can use a suitable amount of vegetable oil when cooking for your baby.

9 - 11 個月 9 - 11 month old

## 材料 ●● (2 人分量) Ingredients ●● (2 servings)

### 家人餐 — 煎紅衫魚：

- 1 或 2 條紅衫魚，1 片薑，
- 3 茶匙植物油

### 蒜蓉炒西蘭花：

- 2 束西蘭花（切件），
- 1 茶匙蒜蓉，
- 2 茶匙植物油， $\frac{1}{4}$  茶匙鹽

### 寶寶餐：

- $\frac{2}{3}$  碗粥或半碗軟飯

## 做法 ●●

### 煎紅衫魚：

1. 把紅衫魚洗淨抹乾。
2. 燒熱平底鍋，下油，爆香薑片。把魚煎熟透至兩邊金黃，離鑊。
3. 在魚背取出 1 - 2 湯匙魚肉作寶寶餐材料，去掉魚骨，放入磨鉢中搗碎，備用。

### 蒜蓉炒西蘭花：

1. 把西蘭花焯至半熟，瀝乾。取出 2 - 3 個花球切碎作寶寶餐。
2. 燒熱平底鍋，下油，爆香蒜蓉。加入西蘭花，炒熟，下鹽調味，兜勻上碟。

### 寶寶餐 — 紅衫魚西蘭花粥或軟飯：

把大半碗粥或半碗軟飯煮滾。加入魚肉碎和西蘭花碎煮軟便可食用。

### Family's dish – Pan-fried golden thread fish:

- 1 or 2 golden thread fish, 1 slice ginger,
- 3 tsps vegetable oil

### Stir-fried broccoli with garlic:

- 2 bunches broccoli (cut into chunks),
- 1 tsp garlic (chopped),
- 2 tsps vegetable oil,  $\frac{1}{4}$  tsp salt

### Baby's dish:

- $\frac{2}{3}$  bowl congee or  $\frac{1}{2}$  bowl soft rice

## Method ●●

### Pan-fried golden thread fish:

1. Wash golden thread fish and pat it dry.
2. Heat oil in a pan. Add ginger and pan-fry fish until done and golden on both sides. Remove from the pan.
3. Take 1-2 tablespoons of fish flesh from the back of the fish and remove the bones carefully. Crush into small pieces in a grinding bowl. Set aside.

### Stir-fried broccoli with garlic:

1. Blanch broccoli in boiling water until half-cooked, drain. Take 2 - 3 florets and chop finely for baby's dish.
2. Heat the oil in a pan. Add the garlic and broccoli, and stir-fry until done. Season with salt and serve.

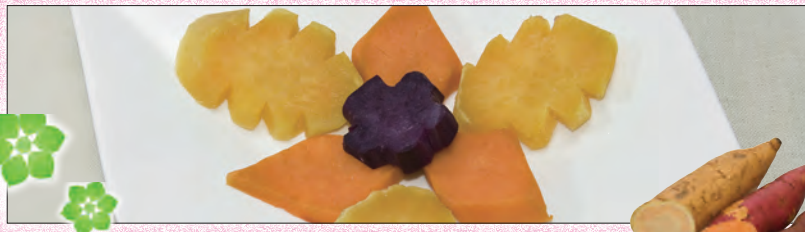
### Baby's dish – Golden thread fish & broccoli congee/soft rice:

Bring the congee to a boil or reheat soft rice. Add fish and broccoli pieces. Cook until soft and serve.





## 番薯條 (茶點) Sweet potato sticks (snack)



### 材料 ●●

適量番薯

### 做法 ●●

1. 洗淨番薯，切大片，連皮放在碟上隔水蒸約 20 分鐘，直至軟身。
2. 把番薯去皮，切成 2 X 5 厘米長的條狀或用曲奇餅模切成有趣的形狀。讓寶寶自己拿着吃。

### Ingredients ●●

Appropriate quantity of sweet potatoes

### Method ●●

1. Wash the sweet potatoes. Cut into thick slices. Steam with their skin for around 20 minutes until tender.
2. Remove potato skin. Cut into 2 X 5 cm sticks or interesting shapes with knife or cookie cutters. Allow your baby to hold the pieces and self-feed.

### 烹飪小提示 Cooking Tips



色彩繽紛的蔬菜都十分適合製作成小食，如南瓜、馬鈴薯、芋頭、胡蘿蔔、甜椒、西蘭花。把蔬菜煮軟並切成條狀，然後讓寶寶拿着吃，這可增加寶寶接觸蔬菜的機會。

Colorful vegetables such as pumpkin, potato, taro, carrots, bell peppers and broccoli are suitable for making snacks. Cook until tender and cut into strips as finger food. This will help increase baby's vegetable intake.

## 香蕉奶麥片 Oatmeal with banana and milk



### 材料 ●●

- 2 滿湯匙快熟麥片，  
1/4 碗母乳或配方奶，  
1/4 條香蕉，半碗水



### Ingredients ●●

- 2 heaped tbsps quick cooking oats,  
1/4 bowl breastmilk or formula milk,  
1/4 piece banana, 1/2 bowl water

### 做法 ●●

1. 把快熟麥片和水加入鍋中，用慢火加熱，期間不停攪動。沸騰後煮約 2 分鐘，或至變稠便熄火。
2. 加入母乳或配方奶，拌勻。
3. 用叉把香蕉壓成蓉，加入麥皮中，拌勻即可。

### Method ●●

1. Add oats and water in a pot, and heat over low heat. Keep stirring. Bring to a boil and cook for about 2 minutes until the oatmeal becomes porridge-like. Remove from heat.
2. Add breastmilk or formula milk to cooked oats. Mix well.
3. Mash banana using a fork and add to the oats. Mix to serve.

### 烹飪小提示 Cooking tips



麥片屬穀物類食物，易於烹調，適合作早餐或小食。以麥片製作甜食時，除了可加入香蕉外，還可選擇其他水果蓉，如切碎的葡萄、藍莓等。如以麥片作為午或晚餐，則可加入菜、肉碎或蛋。

Oats belong to the grain family and are a good choice for breakfast/snack. To make a sweet dish, mix with chopped fruit or fruit puree, such as blueberries or grapes. At lunch or dinner, oatmeal can be served with vegetables, minced meat or eggs.

## 1-2 歲幼兒：一星期餐單與食譜



### < 親子餐單 >

1 - 2 歲幼兒的食材可於家人餐單中變化出來。這樣不但能令寶寶漸漸習慣吃家人餐，

還可

	星期一	星期二 <span style="background-color: orange; border-radius: 50%; padding: 2px;">37 頁</span>	星期三
早餐	麪包 + 鮮奶	士多啤梨牛奶粟米片	蛋花粟米粥
上午茶點	蘋果片	橙片	木瓜伴乳酪
午餐*	香菇豆腐蒸蛋 (伴菜飯)	冬瓜扁豆豬肉碎伴 飯 + 湯	番茄豆腐魚肉 湯配飯
下午茶點	鮮奶	提子包 + 芝士片	合時水果 + 鮮奶
幼兒晚餐*	鯪魚莧菜伴飯	翠玉瓜、紅蘿蔔 牛肉伴飯	菜心雞肉粒伴 糙米飯
家人晚餐	蒸鯪魚 + 蒜蓉炒莧菜	雜菜牛肉卷 + 炒芥蘭	菜心炒雞柳 + 糙米飯 + 節瓜粉絲蝦米
晚上小吃	水果 (有需要時供應牛奶)		

\* 午晚餐可配水果



### < Parent-child menus >

Young children of 1 - 2 years old can start sharing food with their families. This does not only help young

chi

	Mon	Tue <span style="background-color: orange; border-radius: 50%; padding: 2px;">P. 37</span>	Wed
Breakfast	Bread + Milk	Strawberry & milk with cornflakes	Egg & sweet corn congee
Morning snack	Apple slices	Orange slices	Papaya sticks with yoghurt
Lunch*	Steamed egg with mushroom & tofu (served with choy sum & rice)	Winter melon, lentil & minced pork soup, served with rice	Tomato, tofu & fish soup with rice
Afternoon snack	Milk	Raisin bread + Cheese slices	Seasonal fruits + Milk
Young child's dinner*	Grass carp & Chinese spinach leaves with rice	Zucchini, carrot & beef with rice	Choy sum & chicken with brown rice
Family's dinner	Steamed grass carp + Stir-fried Chinese spinach leaves	Pan-fried zucchini, carrot and beef rolls + Stir-fried-kale	Stir-fried choy sum & chicken + Brown rice + Hairy melon, vermicelli, dried shrimp stew
Evening snack	Fruit (or milk if needed)		

\* Serve fruit at lunch and dinner



## One-week menu and recipes for 1 – 2 year-old young children

還可以為忙碌的父母節省時間！你可參考有此標誌  的菜式！

星期四	星期五	星期六	星期日
麥麩包 + 焗蛋	提子包 + 鮮奶	香蕉牛奶燕麥片	豬仔包 + 鮮奶
蜜桃粒 + 鮮奶	水果乳酪杯	西瓜粒 + 鮮奶	番薯條 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">29 頁</span>
雞肉三色椒伴飯	菠菜豆腐豬肉湯米線 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">33 頁</span>	菜心豬肉湯烏冬	番茄雜豆螺絲粉 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">36 頁</span>
花生眉豆蓉湯 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">38 頁</span>	芝士三文治	海帶綠豆糖水 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">39 頁</span>	合時水果 + 乳酪
蝦仁西蘭花燴飯 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">35 頁</span>	煎三文魚南瓜汁椰菜花貝殼粉 <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">32 頁</span>	杞子燕麥蒸肉餅伴椰菜飯	冬菇腐竹牛肉粉絲 + 小白菜紅米飯
蝦仁炒西蘭花 + 馬鈴薯甘筍炆豬肉	煎三文魚南瓜汁椰菜花貝殼粉	杞子燕麥蒸肉餅 + 炒椰菜	冬菇腐竹牛肉粉絲 + 小白菜紅米飯
水果（有需要時供應牛奶）			

children adapt to the family's diet, it also saves time for busy parents. You can refer to dishes with the  picture!

Thu	Fri	Sat	Sun
Whole meal bread + Boiled egg	Raisin bread + Milk	Oatmeal with banana & milk	Butter roll + Milk <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 29</span>
Peach cubes + Milk	Fresh fruit cup with yoghurt <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 33</span>	Watermelon cubes + Milk	Sweet potato sticks <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 36</span>
Chicken & bell peppers with rice <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 38</span>	Rice noodles in soup with spinach, tofu & pork	Choy sum & pork udon in soup <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 39</span>	Tomato & mixed beans spiral pasta
Peanut & cowpea soup <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 35</span>	Cheese sandwich <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 32</span>	Seaweed & mung bean sweet soup	Seasonal fruits + Yoghurt
Shrimp & broccoli "Risotto" <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 35</span>	Pan-fried salmon with cauliflower & shell pasta in pumpkin sauce <span style="border: 1px solid orange; border-radius: 50%; padding: 2px;">P. 32</span>	Steamed pork with oats & Chinese wolfberry, cabbage in rice	Beef stew with mushroom, beancurd sticks & vermicelli + Brown rice & bok choy
Stir-fried shrimp & broccoli + Potato, carrot & pork stew	Pan-fried salmon with cauliflower & shell pasta in pumpkin sauce	Steamed pork with oats & Chinese wolfberry + Stir-fried cabbage	Beef stew with mushroom, beancurd sticks & vermicelli + Brown rice & bok choy
Fruit (or milk if needed)			

# 煎三文魚南瓜汁椰菜花貝殼粉

Pan-fried salmon with cauliflower and shell pasta in pumpkin sauce



## 幼兒飲食小提示 Healthy eating tips

把蔬菜煮熟壓成蓉，製成芡汁或濃湯，可增加幼兒的蔬菜攝取量。番茄、甜椒、菠菜、青豆等亦適宜製成醬汁或濃湯。如欲令蔬菜醬汁更香濃、幼滑，可加入少量牛奶或乳酪。

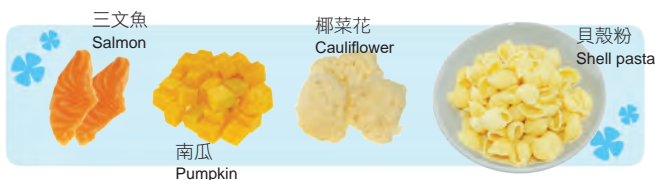
Serving sauce or soup made with mashed vegetables helps increase babies' vegetable intake. Tomatoes, bell peppers, spinach and green peas are good choices too. Add some milk or yoghurt to create a smoother texture.

## 材料

- 半碗南瓜（去皮，去核，切塊），
- 2 個椰菜花花球，
- 2 片三文魚（約 2 湯匙），
- $\frac{2}{3}$  碗水，1 茶匙生粉，
- $\frac{1}{2}$  - 1 碗貝殼粉（煮熟），
- $\frac{1}{2}$  茶匙植物油

## Ingredients

- $\frac{1}{2}$  bowl pumpkin (skin and seeds removed, cut into pieces),
- 2 cauliflower florets,
- 2 slices salmon (about 2 tbsps),
- $\frac{2}{3}$  bowl water, 1 tsp cornstarch,
- $\frac{1}{2}$  - 1 bowl shell pasta (cooked),
- $\frac{1}{2}$  tsp vegetable oil



## 做法

1. 把南瓜粒和椰菜花花球隔水蒸至熟透和軟身。然後把椰菜花切成約 1 厘米大小，南瓜壓成蓉，備用。
2. 燒熱平底鍋和油，放入三文魚，煎熟後用匙羹把魚肉略為壓碎，備用。
3. 南瓜汁：
  - (a) 燒熱少量水，然後加入南瓜蓉。
  - (b) 調勻 1 茶匙生粉和  $\frac{2}{3}$  碗水。
  - (c) 把生粉水倒進南瓜蓉中，一邊攪拌，直至煮成濃汁。
4. 把煮熟的貝殼粉放於碗中，放上三文魚和椰菜花粒，淋上南瓜芡汁便可食用。
5. 進食前，可加點檸檬汁去除魚腥味。

## Method

1. Steam pumpkin pieces and cauliflower florets until soft. Chop cauliflower into 1 cm cubes. Mash pumpkin. Set aside.
2. Heat oil in a pan, pan-fry salmon until golden on both sides. Break the fish into pieces with a spoon. Set aside.
3. To make pumpkin sauce:
  - (a) Cook mashed pumpkin with some water;
  - (b) In a bowl, combine cornstarch with  $\frac{2}{3}$  bowl of water, mix well;
  - (c) Add cornstarch mixture to pumpkin. Keep stirring. Cook until thickened. Set aside.
4. Put cooked shell pasta in a bowl. Add salmon pieces and cauliflower, pour pumpkin sauce and serve.
5. You may also add a few drops of lemon juice to reduce the fishy taste.

## 烹飪小提示 Cooking Tips

烹調魚類時，可用蒸煮方式代替煎煮方式。

除了三文魚外，還可選擇龍脷魚柳、紅衫魚等。

Instead of pan-frying, you can steam the fish. In addition to salmon, sole fillet and golden thread fish are also good alternatives.

## 要點 Key point



把生粉水倒進南瓜蓉煮成南瓜汁。

Pour in cornstarch mixture to thicken the pumpkin sauce.



# 菠菜豆腐豬肉湯米線

Rice noodles in soup with spinach, tofu and pork



## 營養小提示 Nutrition tips

板豆腐、布包豆腐和食物標籤上標明含 E516 盒裝豆腐，皆以石膏（即硫酸鈣）來凝固，故含豐富的鈣質。

深綠色的葉菜含有豐富的鈣。小白菜、菜心、芥蘭、芥菜等比菠菜、莧菜的鈣質較易被人體吸收。

有些人存有「菠菜和豆腐一起吃會導致腎結石」的疑慮，其實這是沒有醫學證據的謬誤。大家可安心同時享用菠菜和豆腐！

Fresh tofu and pre-packed ones with E516 as ingredient stated in the food label are rich in calcium, as calcium sulfate is used as the solidifying agent.

Dark green leafy vegetables are rich in calcium.

Compared to spinach and Chinese spinach, the calcium in bok choy, choy sum, kale and mustard green, is more easily absorbed.

It is a myth that eating spinach and tofu together causes kidney stones. There is no medical evidence for this. You can safely enjoy spinach with tofu.

## 材料 ●●

(4 人分量)

家人餐 — 菠菜豆腐豬肉湯：

半斤菠菜，1 磚豆腐，  
2 兩豬肉（切片），4 碗水

醃料：1 茶匙豉油，

1/2 茶匙糖，1 茶匙生粉

調味：1/3 茶匙鹽，2 茶匙植物油

幼兒餐：1 碗米線

（煮熟並剪成 2 - 5 厘米）

## Ingredients ●● (4 servings)

Family's dish – Spinach, tofu & pork soup:

1/2 catty spinach, 1 block tofu,  
2 taels pork (sliced), 4 bowls water

Marinade: 1 tsp soy sauce,

1/2 tsp sugar, 1 tsp cornstarch

Seasoning: 1/3 tsp salt, 2 tsps vegetable oil

Child's dish: 1 bowl rice noodles  
(cooked and cut into 2 - 5 cm pieces)



## 做法 ●●

1. 豬肉片加入醃料，拌勻備用。
2. 切去菠菜根部後，把菠菜洗淨。然後在滾水中焯 1 分鐘，瀝乾備用。
3. 煮滾水，下植物油和鹽，放入菠菜、豆腐和肉片，煮成湯。

幼兒餐 — 菠菜豆腐豬肉湯米線：

1. 從 (3) 中取出 1/4 份的菠菜、豆腐和豬肉作賣賣餐。把菠菜和豬肉切碎。
2. 從 (3) 取一碗湯，加入煮熟的米線和切碎了的菠菜和豬肉，煮滾即成。

## Method ●●

1. Slice the pork. Mix pork slices with marinade. Set aside.
2. Remove spinach roots. Wash the spinach. Blanch for 1 minute. Drain and set aside.
3. Add vegetable oil and salt into boiling water. Add spinach, tofu and pork slices. Cook until the pork is done.

Child's dish – Rice noodles in soup with spinach, tofu & pork:

1. Take 1/4 portion of spinach, tofu and pork from (3) for child's dish. Cut spinach and pork into pieces (A).
2. Add 1 bowl of soup from (3). Mix with cooked rice noodles and (A) bring it to boil. Serve.



# 香菇豆腐蒸蛋 (伴菜飯)

Steamed egg with mushroom and tofu (serve with choy sum and rice)



## 幼兒飲食小提示 Healthy eating tips

只要食物質感不是太硬，一歲以上的寶寶一般已能與家人一起分享餸菜。家長可把炒好的菜切成小粒，然後拌入飯中成為菜飯，或讓寶寶分開吃。適合製作「菜飯」的蔬菜包括：小棠菜、南瓜、西蘭花、粟米等。

在菜式中加入芫茜、冬菇、草菇、洋蔥、香蔥、香芹、羅勒等天然材料，可以提升菜式的天然味道，從而減少用鹽，讓寶寶和家人一同吃得健康。

Babies over 1 year old can share family dishes with a soft texture. Take a portion from the family's daily vegetable dish, cut it into pieces and mix it with rice for your baby. Some babies like to have vegetable pieces served separately. This helps increase baby's vegetable intake. Pumpkin, broccoli and sweet corn are also suitable for making vegetable rice.

Adding Chinese parsley, shiitake mushrooms, onion, chives, celery and basil to a dish can boost the natural flavor and reduce the use of salt, allowing the whole family to enjoy healthier diets.

### 材料

(4 人分量)

### Ingredients

(4 servings)

4 隻鮮冬菇，

4 fresh shiitake mushrooms,

1 磚布包豆腐 (切 1 厘米塊)，

1 block fresh tofu (cut into 1 cm cubes),

2 隻雞蛋，

2 eggs,

半碗水，

1/2 bowl water,

2 茶匙植物油

2 tsps vegetable oil

**幼兒餐：**半碗軟飯，

**Baby's dish:** 1/2 bowl soft rice,

2 - 4 湯匙菜心

2 - 4 tbsps choy sum



### 做法

1. 把鮮冬菇放在滾水中焯 1 分鐘，瀝乾水，切成 0.5 - 1 厘米大小。

### Method

1. Blanch fresh shiitake mushrooms for 1 minute. Drain and dice into 0.5 - 1 cm cubes.

2. 拂勻雞蛋，加水，再拌勻，

2. Whisk eggs and add water. Mix well.

然後放進可蒸煮的器皿中。

Pour into a porcelain or metal dish that is suitable for steaming.

3. 加入植物油，把鮮冬菇粒和豆腐粒均勻地放進蛋汁中，隔水蒸 8 - 10 分鐘便可。

3. Add vegetable oil, shiitake mushrooms and tofu cubes evenly into the egg mixture. Steam for 8 - 10 minutes. Serve.

4. 取 1/4 份的蒸蛋作幼兒餐，並配以菜飯半碗。

4. Take 1/4 of the steamed egg as the child's meal. Serve with vegetables and 1/2 bowl of rice.

### 要點 Key point



在蒸蛋的時候在鍋蓋邊放一支筷子，可避免造成蛋漿表面出現氣泡。

Put a chopstick between the pot and the lid so that bubbles can be prevented on the steamed egg.



# 蝦仁西蘭花燴飯

## Shrimp and broccoli "Risotto"



### 營養小提示

#### Nutrition tips

鋅是成長中必需的礦物質之一，它主要來自肉類、魚、蛋、甲殼類海產（如蝦）、乾豆類（如紅腰豆）和果仁。只要寶寶飲食均衡，便能吸收充足的鋅。

Zinc is an essential mineral for growth. Foods that contain zinc include meat, fish, eggs, shellfish (e.g. shrimp), dried beans (e.g. red kidney beans) and nuts. A balanced diet ensures adequate zinc intake.

### 材料 (4人分量)

家人餐 — 蝦仁炒西蘭花：

約 12 隻新鮮或冷藏蝦仁，  
2 個西蘭花，2 茶匙植物油，  
少許水

醃料：½ 茶匙糖，1 茶匙豉油，  
1 茶匙生粉

調味：1 茶匙薑蓉，  
⅓ 茶匙鹽

幼兒餐：半碗軟飯

### Ingredients (4 servings)

Family's dish – Stir-fried shrimps & broccoli:

12 fresh or frozen shrimps,  
2 broccoli, 2 tps vegetable oil,  
a small amount of water

Marinade: ½ tsp sugar,  
1 tsp soy sauce, 1 tsp cornstarch

Seasoning: 1 tsp minced ginger,  
⅓ tsp salt

Child's dish: ½ bowl soft rice



### 做法

1. 蝦仁挑去腸臟洗淨，  
瀝乾後與醃料拌勻，備用。

2. 洗淨西蘭花，在滾水中焯 1 分鐘，  
備用。

3. 燒熱植物油，把薑蓉爆香。炒香  
蝦仁，再加入西蘭花，下鹽調味，  
拌勻後上碟。

幼兒餐 — 蝦仁西蘭花燴飯：

1. 從 (3) 取出 ¼ 份，然後切碎  
西蘭花和蝦仁。

2. 把軟飯和 2 – 3 湯匙開水放在鍋  
中，拌勻，煮 1 – 2 分鐘成軟滑  
的燴飯，加入切碎的西蘭花和蝦  
仁炒勻。

### Method

1. Remove the intestines from the shrimps.  
Rinse and pat it dry. Mix with marinade  
and set aside.

2. Wash the broccoli. Blanch for 1  
minute. Set aside.

3. Heat vegetable oil in a pan. Add  
ginger. Stir in the shrimp and then  
the broccoli. Season with salt and  
stir-fry until done.

Child's dish – Shrimp & broccoli "Risotto":

1. Take ¼ portion of (3). Cut the shrimps  
and broccoli into small pieces.

2. In a pan, bring cooked rice and  
2 – 3 tablespoons of water to a  
boil. Stir in the broccoli and shrimp  
pieces. Cook until the rice becomes  
soft and creamy. Serve.

### 烹飪小提示

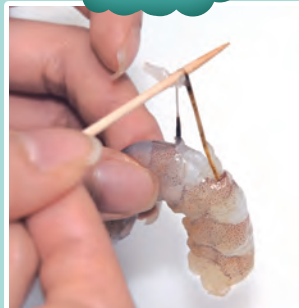
#### Cooking Tips

燴煮的方法能使米飯的質感  
更軟滑。此外，如要令菜式  
更吸引，可在飯中加入切碎  
了的紅黃甜椒粒或冷藏雜  
菜，使顏色更鮮艷。

Risotto has a creamy texture.  
Adding chopped bell peppers  
or frozen mixed vegetables  
will make the risotto look more  
colourful and attractive.

### 要點

#### Key point



挑出蝦腸。

Remove the intestines from  
the shrimps.



## 番茄雜豆螺絲粉

### Tomato and mixed beans spiral pasta



#### 營養小提示 Nutrition tips

豆類營養豐富，含有豐富的蛋白質、維生素B、鐵、鋅、礦物質與膳食纖維，為人體提供必需的營養素。

Beans and legumes are good nutrient sources. They provide protein, vitamin B, iron, zinc and other minerals that our bodies need. They are also rich in dietary fibre.

#### 材料

- 3 湯匙罐頭雜豆（鷹嘴豆、紅腰豆），
- 半個番茄，
- 2 湯匙洋蔥（切粒），
- 1 – 1½ 碗螺絲粉（已煮熟），
- 半茶匙蒜蓉，
- 1 茶匙植物油

#### 芡汁：

- 1 湯匙茄汁，1/3 茶匙糖，
- 1 茶匙粟粉，半碗水

#### Ingredients

- 3 tbsps canned mixed beans (chick peas, kidney beans),
- ½ piece tomato,
- 2 tbsps onions (diced),
- 1 – 1½ bowls spiral pasta (cooked),
- ½ tsp garlic (chopped),
- 1 tsp vegetable oil

#### Ingredients for the sauce:

- 1 tbsp ketchup, 1/3 tsp sugar,
- 1 tsp cornstarch, ½ bowl water



#### 做法

1. 把熟螺絲粉平均剪成 1/3 段，然後放入滾水煮 10 – 15 分鐘或直至質感變軟。盛起瀝乾。
2. 把番茄焯 1 分鐘，撈起，去皮，切成小粒。
3. 把雜豆放進滾水中煮軟，瀝乾。再把豆略為壓碎。
4. 下植物油爆香蒜蓉。然後加入洋蔥、番茄粒和雜豆。最後加入芡汁，把汁煮至濃稠，拌入螺絲粉便可食用。

#### Method

1. Cut cooked spiral pasta into thirds with scissors. Put it into boiling water and cook for 10 – 15 minutes until soft. Drain.
2. Blanch tomato in boiling water for 1 minute. Remove the skin and dice.
3. Cook the beans in boiling water until soft and then drain. Mash beans into pieces.
4. Heat vegetable oil and add garlic. Stir onions, tomato and beans. Add sauce and cook. When the sauce becomes thick, stir in pasta and mix well. Serve.

#### 幼兒飲食小提示 Healthy eating tips

一歲後的寶寶已有較好的咀嚼能力，可以與其他家庭成員一起進餐分享食物，讓彼此有更多的食物選擇。

After they are 1 year old, babies are generally able to chew better. They can share food from the family dining table. This allows them to have more food choices at meal time.



# 士多啤梨牛奶粟米片

## Strawberry and milk with cornflakes



### 營養小提示 Nutrition tips

大部分的穀物早餐，如粟米片、燕麥片都添加了鐵質，可為較少吃肉的寶寶提供鐵質。與維生素C含量高的水果同吃，如奇異果、士多啤梨、橙，有助促進鐵質的吸收。

粟米片為預製食品，所含的鹽分（鈉）較高；亦有不少以兒童為對象的穀類早餐加添了糖分，家長購買時宜選「原味」的，並且參考營養標籤，選擇含糖和鈉量較低的產品。

Most breakfast cereals such as cornflakes and oatmeal have iron added. They can be a good source of iron for babies who consume little meat. Eating cornflakes together with vitamin C rich-fruit, such as kiwifruits, strawberries and oranges, helps to facilitate the absorption of iron.

Like other processed foods, the salt (sodium) content of cornflakes is higher than that of natural food. Many breakfast cereals targeted at young children are high in sugar. It is better to choose "original" flavours as they contain less sugar. Read the nutrition labels for lower sugar and sodium options.

### 材料

- 2 - 3 粒士多啤梨，
  - 半碗粟米片（原味），
  - $\frac{2}{3}$  杯\*全脂牛奶
- (\* 1 量杯 = 240 毫升)

### Ingredients

- 2 - 3 strawberries,
  - $\frac{1}{2}$  bowl cornflakes (original flavor),
  - $\frac{2}{3}$  cup\* whole fat milk
- (\* 1 measuring cup = 240ml)



### 做法

1. 把粟米片和牛奶倒入碗中，浸3分鐘使粟米片變軟。
2. 把士多啤梨洗淨切碎，拌入粟米片中，即成。

### Method

1. Add cornflakes and milk to a bowl. Soak for around 3 minutes until soft.
2. Rinse and cut the strawberries into pieces. Mix with cornflakes and milk. Serve.



# 花生眉豆蓉湯 (茶點)

## Peanut and cowpea soup (snack)



### 烹飪小提示 Cooking tips



可用雙重分量的眉豆取代花生。

由於雞皮含極多脂肪，以瘦豬肉取代雞腳，不但可保留湯水的鮮味，還可減低飽和脂肪含量，有助心血管的健康。

Peanuts can be replaced by doubling the amount of cowpeas.

Chicken skin consists mainly of fat. Replacing chicken feet with lean pork retains the original flavor of the soup while cutting down the amount of saturated fat, which is bad for our heart.

### 材料 ●●

- 1 兩花生，
- 2 兩眉豆，
- 6 兩瘦豬肉，
- 2 小塊陳皮 (可選擇)，
- 4 粒蜜棗 (可選擇)，
- 8 - 10 碗\*水

調味：少量鹽

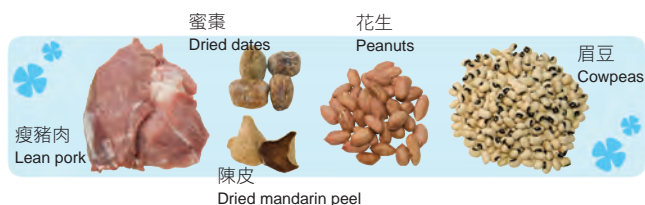
(\* 1 碗 = 240 毫升)

### Ingredients ●●

- 1 tael peanuts,
- 2 taels cowpeas,
- 6 taels lean pork,
- 2 small pieces dried mandarin peel (optional),
- 4 pieces dried dates (optional),
- 8 - 10 bowls\* water

Seasoning: a pinch of salt

(\* 1 bowl = 240ml)



### 做法 ●●

1. 以溫水浸泡花生、眉豆 1 小時。
2. 用滾水焯瘦豬肉以除去血水。
3. 煮滾水，加入所有材料再煮滾，轉中慢火煲約兩小時便可。
4. 舀出 1 碗給寶寶。進食前用叉壓碎花生和眉豆，讓寶寶易於食用。
5. 家人食用時按需要下少量鹽作調味。

### Method ●●

1. Soak peanuts and cowpeas in warm water for 1 hour.
2. Blanch the lean pork to remove the blood.
3. Boil water and add all the ingredients. Bring back to a boil. Turn down to low-to-medium heat and simmer for 2 hours.
4. Take 1 bowl of soup for baby's dish. Mash the peanuts and cowpeas with a fork. Serve.
5. For a family dish, season with salt and serve.



## 海帶綠豆糖水 (茶點)

Seaweed and mung bean sweet soup (snack)



### 營養小提示 Nutrition tips

中式糖水 (如蓮子紅豆沙、芝麻糊、雪耳木瓜糖水等) 所用的材料比一般西式甜品較為健康, 並且含有多種營養素。海帶綠豆糖水供給的不單是熱量, 還有蛋白質、維生素B、鐵、鋅、碘和膳食纖維。海帶含碘量非常高, 每星期進食不多於1次, 以免身體攝入過量的碘。

Chinese desserts (such as lotus seed red bean soup, sesame dessert soup and white fungus papaya dessert soup) use a wide variety of healthy ingredients, and are generally healthier and more nutritious than western desserts. This dessert provides babies with protein, vitamin B, iron, zinc, iodine as well as dietary fibre. Kelp contains a very high level of iodine. Consume it no more than once a week to avoid overconsumption.

### 材料

(6人分量)

### Ingredients

(6 servings)

1碗 (約200克) 綠豆,  
半塊 (約20克) 乾海帶,  
1個陳皮 (可選擇),  
1小束香草 (又稱臭草, 可選擇),  
適量冰糖,  
8-10碗水

1 bowl (200g) mung beans,  
½ piece (20g) dried kelp,  
1 piece dried mandarin peel (optional),  
1 small bunch fragrant herbs (optional),  
appropriate quantity of rock sugar,  
8-10 bowls water



### 做法

1. 用水把綠豆浸泡一晚。
2. 以熱水浸泡陳皮1小時, 瀝乾。

刮去陳皮的內瓢, 除去苦澀味。

3. 洗淨海帶, 在清水中浸泡數小時, 切碎。
4. 使用大鍋, 把水煮滾, 加入綠豆和陳皮。用大火煮10分鐘, 轉中慢火把綠豆煮爛, 約1-1½小時。加入海帶和香草再煮約20分鐘。

5. 加入適量冰糖調味。

### Method

1. Soak the mung beans overnight.
2. Soak the dried mandarin peel in hot water for 1 hour.

Scrape the inner surface to remove the pulp.

3. Wash the kelp and soak in water for hours. Cut into pieces. Set aside.
4. In a large pot, boil the water. Add the mung beans and the mandarin peel. Cook over high heat for 10 minutes. Simmer at low-to-medium heat until the beans have softened for about 1-1½ hour. Add kelp and herbs. Cook for another 20 minutes.
5. Add rock sugar and serve.

### 烹飪小提示 Cooking Tips

我們可在街市的雜貨店和超市買到乾海帶。海帶不但可以製作糖水, 也可用作滾湯的材料。

Dried kelp is available at grocery stores and supermarkets. It can also be used in savory soups.

### 要點 Key point



刮去陳皮內瓢以去除苦澀味。  
Scrape the inner surface to remove the pulp.

## 食物安全

為寶寶選擇魚類時要注意：

- 鯊魚、劍魚、旗魚、吞拿魚、大王馬鮫魚、金目鯛、橘棘鯛、單帶海緋鯉、波鯉等，甲基汞含量較高，幼童應避免進食。
- 幼兒應保持均衡飲食，輪流進食各種不同類型的魚類。

為保障寶寶和家人的健康，  
你應遵行以下的食物安全五要點：

- 在衛生和可靠的店鋪選購食物；
- 處理食物前與過程中，應正確清洗雙手和用具；
- 使用不同的刀和砧板，分開處理生熟食物；
- 徹底煮熟食物或翻熱食物至滾燙；
- 盡快把已煮好而非即時吃的食物放入攝氏四度或以下的雪櫃。

如要在家居實踐食物安全的要點，請參閱《食物安全五要點：家居實用手冊》，或瀏覽食物安全中心網頁 <http://www.cfs.gov.hk>。

如要下載該小冊子，請到以下網頁：  
[http://www.cfs.gov.hk/tc\\_chi/multimedia/multimedia\\_pub/files/5keys\\_bk\\_Public\\_C.pdf](http://www.cfs.gov.hk/tc_chi/multimedia/multimedia_pub/files/5keys_bk_Public_C.pdf)

單張內容會不時更新，請參考衛生署家庭健康服務網站的最新資料。

Leaflet content will be updated from time to time. Please refer to the website of Family Health Service, Department of Health, for the latest information.



衛生署 家庭健康服務  
Family Health Service  
Department of Health

網頁 Website : [www.fhs.gov.hk](http://www.fhs.gov.hk)

24 小時資訊熱線 24-hour information hotline : 2112 9900

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## Food safety

When choosing fish for your baby:

- Avoid fish of high levels of methylmercury, including shark, swordfish, marlin, tuna, king mackerel, splendid alfonso, orange roughy, dash-and-dot goatfish, and yellowback seabream.
- Young children should maintain a balanced diet by consuming a wide variety of fish.

To protect your child and family,  
you should practice the  
'Five Keys to Food Safety'.

- Buy food from hygienic and reliable shops;
- Wash hands and utensils properly before and during food preparation;
- Use separate knives and cutting boards to handle raw and cooked foods;
- Cook or reheat food until it is steaming hot throughout;
- Promptly put the uneaten portion in the refrigerator at a temperature of 4°C or below.

For more information about how to practice food safety at home, please refer to the booklet '5 Keys to Food Safety - Practical Tips for Public'. You could also visit the Centre for Food Safety's website at <http://www.cfs.gov.hk>.

You can download the booklet from:  
[http://www.cfs.gov.hk/english/multimedia/multimedia\\_pub/files/5keys\\_bk\\_Public\\_E.pdf](http://www.cfs.gov.hk/english/multimedia/multimedia_pub/files/5keys_bk_Public_E.pdf)