



家長通告2025-2026/174  
有關中學生食物素養問卷調查

敬啟者：

適逢香港中文大學健康教育及促進健康中心於本學年推行「學生健康由煮起計劃」，本校已積極響應並成為參與學校之一。

計劃將安排由大學生擔任的健康煮食導師，以興趣小組形式到校與本校部分中學生一同製作健康食物，享受健康煮食的樂趣。除此以外，計劃亦會在本校兩個級別的學生中推行「中學生食物素養問卷調查」，以了解學生的食物素養、日常參與煮食的情況，以及評估計劃的推行成效。問卷分為前測及後測，內容涵蓋飲食習慣、參與日常膳食準備的程度、對健康飲食及煮食的態度、生活滿足感等。本校中二級和中四級學生獲選為是次調查的對象，並計劃於2025年12月其中一個上課日，在教師指導下進行前測問卷調查。

參與是次食物素養問卷調查屬自願性質，問卷將以不記名方式進行，並只會登記班別及學號以作前後測問卷配對之用。所有收集的資料僅作統計用途，用以反映整體中學生的現況及計劃成效，並不會影響貴子女的學業成績。問卷資料只會由香港中文大學是項計劃的研究人員查閱及保存。是次問卷調查將以預設默許方式取得家長同意，若閣下不同意子女參與此項調查，請於**2025年12月1日前**致電**24611555**與李思琦老師或王穎潼老師聯絡。調查結果將有助推動未來健康教育的發展，惠及廣大青少年，期盼家長支持。如對是次調查有任何查詢，可致電**26933708**與中大研究助理馬子晴小姐或健康推廣主任張嘉文先生聯絡，亦可透過電郵 [fssc02@cuhk.edu.hk](mailto:fssc02@cuhk.edu.hk) 向香港中文大學調查及行為研究操守委員會提出意見。

此致  
貴家長

裘錦秋中學(屯門)

陳月平校長謹啟

二零二五年十一月二十日



Parents Circulars 2025-2026/174

Notice Regarding Food Literacy Questionnaire for Secondary Students

Dear Parents / Guardians,

In response to the "Healthy Cooking Project" launched this academic year by the Centre for Health Education and Health Promotion of The Chinese University of Hong Kong (CUHK), our school is pleased to participate actively as one of the participating schools.

The program will involve university students serving as healthy cooking instructors to engage with some of our secondary students in interest groups to prepare healthy meals and enjoy the joys of healthy cooking. Additionally, the program will conduct a "Food Literacy Questionnaire Survey" among two levels of students in our school to understand their food literacy, participation in cooking, and to evaluate the effectiveness of the program. The questionnaire will consist of pre-test and post-test components, covering topics such as dietary habits, involvement in daily meal preparation, attitudes towards healthy eating and cooking, and overall life satisfaction. Our Form 2 and Form 4 students have been selected as the target participants for this survey, which is planned to occur on a school day in December 2025, guided by teachers.

Participation in this food literacy questionnaire survey is voluntary, and the survey will be conducted anonymously. Only class and student ID numbers will be recorded for matching the pre-test and post-test questionnaires. All collected data will be used for statistical purposes to reflect the overall situation of secondary students and the effectiveness of the program, and will not affect your child's academic performance. The data will only be accessible to researchers of this CUHK project. Parental consent will be obtained by default; however, if you do not wish for your child to participate in this survey, please contact Ms. Li Sze Ki or Ms. Wong Wing Tung at 2461 1555 by December 1, 2025. The results of the survey will contribute to the future development of health education, benefiting a wide range of youth, and we hope for parental support. If you have any inquiries regarding this survey, please feel free to contact Ms. Ma at 2693 3708 or Mr. Cheung at the Health Promotion Office, or email the Research Integrity Committee at [fssc02@cuhk.edu.hk](mailto:fssc02@cuhk.edu.hk).

Yours faithfully,

Chan Yuet Ping  
Principal