

Housing Channel

Title : The second series of the "Healthy Recipes for the Elderly" - Trailer

Director of Housing, Candy Chea,
Fatt, Sheung:

Cheers

Sheung:

Sweet, sour and smooth – it's delicious

Fatt:

Sweet? Is it suitable for us?

Director of Housing:

Don't worry, this milkshake is specially made for the elderly
and it can replenish fluid and nutrients

Candy Chea:

There are also many other seasonal soups and beverages
suitable for the elderly
I'll tell you about them later

Super:

Healthy Recipes for Elderly

Director of Housing:

This Avocado and Kiwi Milkshake
is from the second series of
the 'Healthy Recipes for the Elderly' –
'Soup and Beverage Edition'

Candy Chea:

Like the first series
the 12 soup and beverage recipes in this edition
are specially crafted for the elderly by dietitians
of the Department of Health's Elderly Health Service

Director of Housing:

The main ingredients used are
vegetables, fruits, beans and mushrooms
containing potassium, protein and dietary fibre
They are nutritious and can also stabilise blood sugar
and lower blood cholesterol

Candy Chea:

Sister Sheung, when you make desserts following our recipes,
you can use low-fat dairy products and less sugar
so your daughter can feel at ease when you have them
How about we start together
Okay?

Super:

Before handling food, remember to wash your hands

Director of Housing:

Uncle Fatt, I know you are anxious about the 'three highs'
and eat quite light
but you also need adequate nutrition and a balanced diet
You can try the soups we introduce

Fatt: That way I can eat better

Sheung: Where can we watch this 'Soup and Beverage' video series?

Director of Housing: Keep an eye on the television in the lobby of your housing block which plays the 'Housing Channel' There is a QR code on the poster posted in the lobby which you can scan to watch again the videos on the Housing Authority's YouTube channel or the Department of Health's website

Sheung: Remember to share this with your friends In addition to eating well don't forget to do appropriate exercise in order to prevent muscle loss which can help you walk more steadily

Director of Housing, Candy Chea, Fatt, Sheung: Eat right and be healthy elders together