

## Housing Channel

### Title: Green Living in Estate: Eating

Super MC: Macy Chan  
MC: Zao Kao

Macy Hong Kong is a food paradise  
There are all kinds of dishes to tempt us

Zac Some people like to order a whole table of food  
When they can't finish it, the food is wasted

Macy Overeating is also bad for your health  
Let's find out how to eat healthily  
and be eco-friendly at the same time

Super Less processed food and canned food

Zac Much processed food and canned food  
contains additives  
Eating too much is not good for health

Macy The packaging process also uses a lot of resources  
can cause pollution  
Eating less canned food is good for our health, and also for the  
natural environment

Super Less meat

Zac Rearing cattle and sheep creates greenhouse gas emissions  
So eating more vegetables and less meat  
means less livestock and a healthier Earth

Super More vegetables and high fibre food

Macy Fruits and High-fibre vegetables  
are good for cardiovascular fitness

Super Healthy cooking

Zac Home cooking tends to use less oil and salt  
which is healthier

Macy Steaming and boiling retain nutrients  
and use less energy than frying, stewing and baking

Zac Using thermal cookers can save energy too

Super Less plastic cutlery

Zac Disposable plastic cutlery takes centuries to degrade  
Cut down on their use for the Earth's sake

Macy Use chinaware instead. It looks nice, and it's eco-friendly

Super Covered container replace cling wrap

Macy Keep leftover food in a covered container and put it in the fridge  
No need for cling wrap then

Super Cool off the food before putting in the fridge

Zac Let it cool off before putting it in the fridge  
That's saves energy and prevents germs breeding

Macy We can't live without food  
but overeating is bad for us  
and for the Earth

Zac We must not waste food  
Let's eat healthily and live a green lifestyle  
so we can keep the Earth strong and beautiful