

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