



pentecostal_school

3/7/25

訊 食

二零二五年
七月號。



264



90



節氣介紹

驚蟄

是中國二十四節氣第三個節氣，通常在每年的3月5日或6日之間，這個節氣標誌著春天的開始。所謂「春雷驚百蟲」，驚蟄是動植物活動的高峰期，氣候逐漸回暖，冬眠的昆蟲被驚醒。

「生者清六腑之熱，熟者滋五臟之陰」

秋高氣爽，多吃生津潤肺的食物。民間就有驚蟄「吃春梨」的習俗。梨子性寒味甘，潤肺止咳，助益脾氣，清咽潤喉，五臟平和。梨的吃法很多，可以生食、蒸、榨汁、烤或煮水食用。此外，梨與「離」諧音，驚蟄吃梨寓意著驅離害蟲，保護莊稼，希望新的一年獲得好收成。

大暑

大暑是二十四節氣的第十二個節氣，通常在每年7月22至24日之間，而當天是北半球白晝最長的一日。

炎熱天氣下，飲食應清淡涼潤易消化為主，不宜大魚大肉，要避免太多辛辣、燥熱的食物。在夏季飲食養生上，可吃當令富含水分的瓜果類，像是冬瓜、西瓜、薏米等，有助消暑。

另外，大暑是在三伏天的期間，三伏天有喝「伏茶」的習俗，伏茶是一種消暑降火氣茶，常以金銀花、甘草、菊花等藥材熬煮，整個夏季都可飲用。相傳古時候，古人會將伏茶放在涼亭，讓路過的人使用，亦是一種奉茶文化。

秋分

這是二十四節氣中的第十六個節氣，通常在每年的9月22日至24日。標示著白晝漸短，黑夜漸長。

所謂「秋風起，蟹黃肥菊花開，聞蟹來。」秋天正值螃蟹儲存能量準備過冬之時，因此牠們身上的蟹黃、蟹膏都格外肥腴鮮美。正是吃螃蟹的最佳時節。

另外，食螃蟹也大有講究。「九月圓臍十月尖」，指的是在9月時，由於正值螃蟹的繁殖期，此時雌蟹大量產卵。因此宜食用雌蟹，是吃蟹黃的最佳時機。在10月時，宜食用雄蟹。

冬至

冬至是二十四節氣的第二十二個節氣，通常在每年的12月21至23日，而當天是北半球黑夜最長的一日。

根據本草綱目，羊肉營養豐富，能暖中補虛，適合冬天手腳冰冷的人。雖然各地都有在冬天吃羊肉保暖的習慣，但使用的部份，調味料，烹調方法都有異同。

香港的羊腩煲，會將羊腩用滾油炸，令肉質腴滑，並辟走羶味，多會以南乳，腐乳等作湯汁，並燜一個半小時。而在台灣則會吃羊肉爐。它的湯底多以藥材熬煮。至於四川就會吃羊肉湯，它可以作火鍋鍋底，麵的湯底等。以上兩種吃法皆不限於使用羊腩。

採訪

何淑儀校長

Q:香港有句說話「秋風起，三蛇肥」，立秋過後天氣轉涼便開始吃蛇羹，您有品嚐過嗎？

A：有啊。裏頭混合了雲耳絲、蛇肉絲，配合著菊花碎，味道非常不錯，而蛇肉的口感亦頗似豬肉，吃過後也感覺到全身暖笠笠。

Q:二十四節氣中您最喜歡的節氣是？

A：是冬至。在小時候，喜歡冬至是因為當天團圓飯的菜式特別豐富和美味，也可以和母親一起做湯圓；現在也仍然喜歡冬至正是因為能夠與家人圍坐共享晚餐和聊天，這個幸福的時光令我倍感溫暖和愉快。



鄒家明老師

Q：會不會因應不同的季節會煲不同的湯呢？

A：夏天會煲冬瓜湯，像是冬瓜咸蛋瘦肉湯，或者加薏米、白果，比較清熱。冬天就喜歡煲西洋菜湯，有時加臘鴨腎或豬骨，喝完身體暖暖的。

Q：你覺得二十四節氣在現代社會還有需要重視嗎？

A：從文化角度來說仍值得重視，因為這是農業社會的智慧，比如教人什麼時候播種、曬臘肉。但現在香港已經很少人務農，天氣預報也比節氣準確。所以作為文化認識是好的，但在實際生活中或許已經沒什麼用處了。



5C班彭櫻茶同學

Q：在香港，您認為哪個節氣最為突出？

A：我認為是驚蟄。因為我面對蛇蟲鼠蟻是較為敏感和害怕的。而自驚蟄起，昆蟲的出現會漸漸減少，使我更為安心。因此於我而言，這一個節氣是較為特別的。

Q：您會以什麼飲食來配合不同節氣？

A：我會在冬至吃湯圓。在立冬、冬至等較為寒冷的節氣時，吃上一碗湯圓會令身體暖和起來，而且湯圓亦象徵著團圓。酒家中常有售賣的酒釀丸子也甚適合於冬至食用。

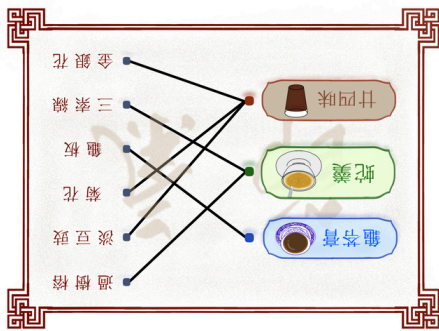


小遊戲

請將下列原料配對至相應的菜色：

請配對每個節氣相應的菜式：

龜苓膏	過樹榕
蛇羹	淡豆豉
廿四味	菊花
	龜板
	三索線
	金銀花



答案：
 雨水 | 艇仔粥 |
 夏至 | 龜苓膏 |
 小雪 | 臘味糯米飯 |
 冬至 | 湯圓 |
 大暑 | 冬瓜盅 |

夏至	臘味糯米飯
雨水	龜苓膏
大暑	艇仔粥
小雪	湯圓
冬至	冬瓜盅

編輯感言：

5D班伍家瑩

二十四節氣在現代社會鮮為人知，這次的創作無疑是一個橋樑，不僅令我得以見識到中國古人在農耕方面的造詣，更令我得以將這個珍貴的知識分享給各位讀者。

5D班林穎恩

我非常高興能夠在過程中重新發現中國傳統的二十四節氣和飲食文化在我們的日常生活中是多麼的息息相關，而且亦能夠與各位同學分享這有趣的知識，我感覺到很滿足。

5D班郁穎恩

隨著我對二十四節氣有更深入的了解，這令我驚嘆於古人的智慧和大自然與人類之間的奇妙融合。更明白了我們應該對其進行傳承與發揚。

5D班陳芍穎

通過這次寶貴經驗，我不但加深了對二十四節氣的認識，了解它如何影響我們的日常生活，還知道一段看似簡單的資料，文字，背後都需要多次的編輯和修正，絕不簡單。

THE USE OF SOCIAL MEDIA IN PS

Hello

Pentecostal! Do you use social media regularly? How do you use social media? In today's world, social media platforms like Instagram have become immensely popular among teenagers globally. Meanwhile, adults have also embraced social media through various platforms. As a student, I enjoy connecting with my classmates and sharing humorous content through these platforms. However, the use of social media also brings potential risks. This raises the question: how do teachers and classmates at our school view social media in PS?



facebook



PS school



MS HO'S THOUGHTS



PS student



@ Ms. Ho



AN INTERVIEW WITH OUR PRINCIPAL, MS. HO SHUK YEE

Interviewed and reported by:

5C Pang Ying Cha and 5C Lau Wai Chung



Q: What is your most frequently used social media platform?

A: I have both Instagram and Facebook accounts, but I prefer Facebook, as most of my family members use it more often.

Q: What effects do you think social media has on students?

A: While social media can benefit our daily lives, verifying authenticity is crucial as false information spreads easily. Students should fact-check sources to determine reliability. Time management and information literacy are essential for using social media effectively. Staying alert to the information around us is necessary.

A: In today's digital age, completely avoiding online learning is unrealistic. Instead, we must learn to use social media wisely by balancing our time and carefully evaluating content.

Q: How do you use this platform?

A: Facebook is convenient for communication and offers great functions for staying informed about society. I also enjoy joining various groups.



100K



Comments



Mr Chan's thoughts



Q: Do you think students' use of social media has a positive or negative effect?

A: Social media is convenient, but many students and adults become addicted, often losing track of time while scrolling. I sometimes get distracted by ads and spend more time than intended.

Q: Besides WhatsApp and YouTube, what other social media do you use?

A: I also use Facebook and WeChat. I use WeChat to connect with old friends in China and Facebook to keep up with friends' lives.



PS student



@ Mr. Chan



AN INTERVIEW WITH OUR MATHEMATICS TEACHER, MR. CHAN PING MING

Interviewed and reported by 5C Chan Kar Ying and
5C Ho Miu Hang



100K



Q: How does the prevalent use of social media among students impact them today?

A: Social media has both positive and negative impacts. It serves as a convenient tool for studies and work. In the past, information couldn't be transplanted and transmitted so easily. People would naturally be more sincere on the planned meetings and locations. They couldn't modify plans so easily. Now, with nearly everyone using social media, information updates happen rapidly, allowing students to change arrangements relatively causally. This convenience has ironically led to diminished respect for original commitments. I believe this is an issue students should consciously pay attention to.

Q: Do you have any advice for students on using social media?

A: Students must be cautious when using social media. While the internet provides vast amount of information, misinformation is common. I think more workshops could be implemented to help students develop critical thinking and distinguish right from wrong.



 PS student 

@ Ms. Yeung



AN INTERVIEW WITH
OUR HEAD LIBRARIAN, MS YEUNG SUET FAN

Interviewed and reported by 5C Au Yeung Tin and 5C Pang Ying Cha





 100K





Q: What is your most commonly used social media and why?

A: I primarily use Instagram for entertainment and to communicate which helps generate common topics for discussion.

Q: What are the positive and negative effects of social media?

A: On the positive side, social media has replaced television as a key source for current news. However, many users, especially students, become addicted to short videos, which can diminish attention spans. Quick content consumption leads to forgetfulness and reduced focus.

Q: We noticed that you have a YouTube Channel, Sumsum Sir Chemisty, do you think it's helpful to students?

A: In the past, studying required self-discipline, but many students lack motivation to read textbooks. My YouTube channel offers an engaging way to revisit class material, enhancing their motivation to learn.

 PS student 

@ Mr. Ho



AN INTERVIEW WITH OUR CHEMISTRY
TEACHER, MR. HO KIT SAM

Interviewed and reported by
5D Cheng Chun Kwok and 5D Kwong Wai Chou





 100K




Mr Lee's YT channel

Mr Lee's thoughts

7:00a.m.

Q: What is your most used social media?

A: I mainly use Instagram for sharing photos of my kids, photography, and physics experiments.

Q: Do you use other social media?

A: Yes, I have a YouTube channel for physics lessons and use WhatsApp for communication, along with occasional use of Signal and Facebook.

Q: What do you think of IG Reels?

A: It's convenient for combining media without extra editing, saving time for sharing ideas.

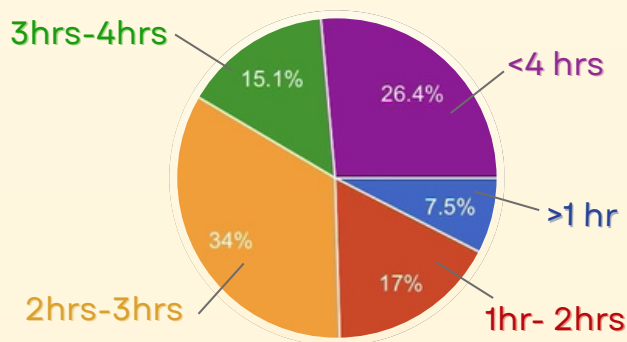
Q: Is social media use by students beneficial?

A: It has pros and cons. It helps students access information quickly but can expose them to harmful content and privacy risks. Teaching responsible use is crucial.



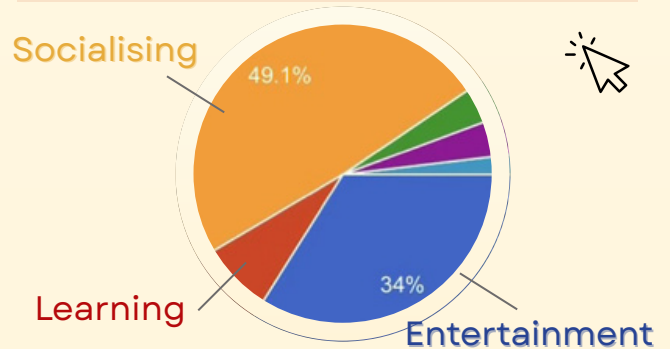
TO KNOW HOW PS STUDENTS THINK ABOUT SOCIAL MEDIA, our group surveyed 53 students.

1. How much do you use social media daily?



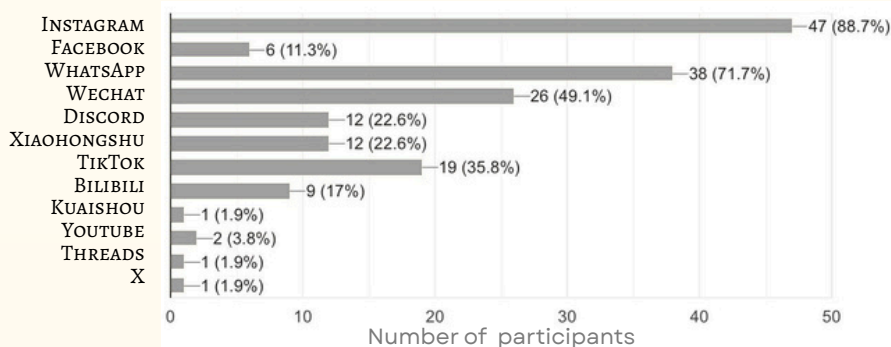
More than 75% respondents used social media for more than 2 hours.

2. Why do you use social media?



About half of the students used social media for socialisation.

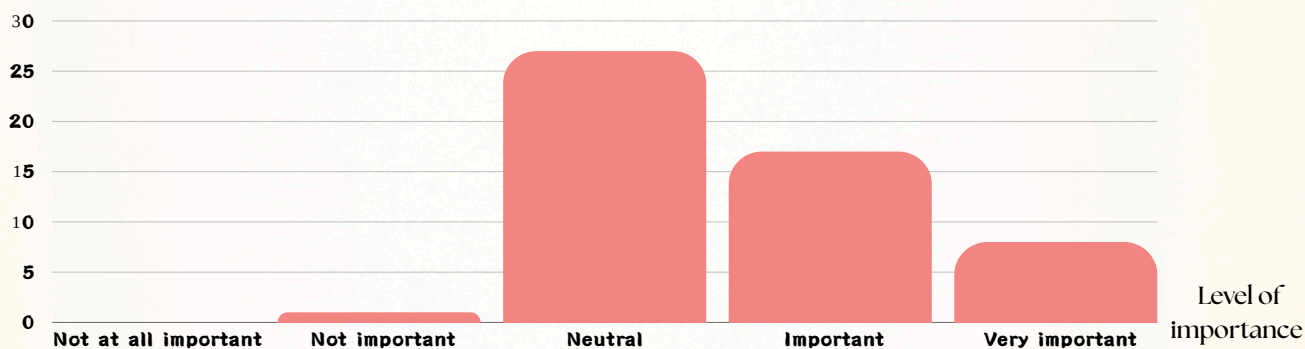
3. What kind of social media platforms do you use?



A majority of students usually use Instagram and WhatsApp.

4. How important is social media in your daily life?

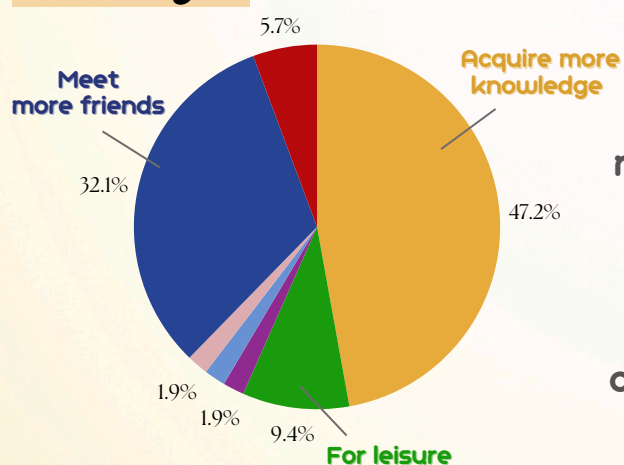
Number of participants



Majority of schoolmates agreed that social media is important.

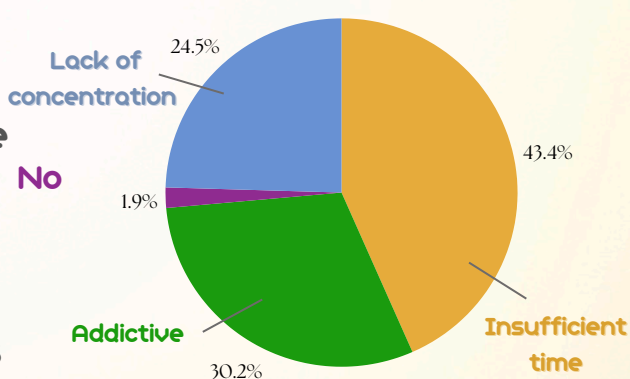
5. What are the advantages and disadvantages of social media?

Advantages



We can see that PS students normally agree that using social media has both advantages and disadvantages

Disadvantages



CONCLUSION

After reviewing these interviews, have you gained a clearer understanding of how different social media platforms are used by PS students and teachers? We hope this bulletin has provided valuable insights from teachers' and schoolmates' perspectives on social media usage. Don't forget we have to use social media wisely!

Finally, we extend our heartfelt gratitude to the teachers and students who participated in our interviews. Without them, this bulletin would not be possible! Thank you.

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