

公告欄

蛇年第二稿: 稻米

一碗飯的誕生旅程

首先選擇米種，用水浸透放在蔭涼處 2/3 天，待發芽，再者灑在田中秧苗，大約兩星期，收起初苗，施肥於水田中，再將初苗分細小捆插入田中，定時灌溉，150 天後收割。

春種一粒種 秋收百顆粒

果實成熟收割後脫草，清洗曬穀，三部曲碾米脫殼：去稻殼，去米糠及去胚芽便成白米，最後蛻變成餐桌上的靚仔……絲苗白飯。

正所謂粒粒佳辛苦！

中國是最早將稻米當成主糧的民族，我們經常對那些不會變通和遲鈍的人稱為“一舊飯”但最低限度可以飽肚，其實米飯不但毫不呆板乏味，變化還多得很，市面上常見到米的種類如：白米、黃米、紅米和黑米……。

黃米是未磨退殼衣的稻米，故口感較粗糙，但米香濃郁而將稻米經過打磨及除去殼衣後，便成雪白的白米日常大部人都吃白米，白飯口感軟熟，容易消化，營養為碳水化合物和澱粉，帶來飽腹感及補充身體能量，而每 100 克白飯最少百 600 卡路里和 32 克碳水化合物。

據最新營養的資訊：為免攝取過多碳水化合物及澱粉，有糖尿問題人士就要特別注意進食白飯的份量。

因此唔嗅米氣(不吃飯)在現今世代都正確啊！

米的種類頗多，烹飪方法更是多姿多彩。

下次延續食米的旅程!!

安樂大厨 琛哥

NOTICE BOARD

Year of the Snake – Second Draft: Rice

The Journey of a Bowl of Rice

The process begins with selecting a rice variety. The grains are soaked in water and left in a cool place for two to three days to germinate. Once sprouted, they are scattered into the fields as seedlings. After about two weeks, the young plants are collected, and fertilizers are applied to the paddy fields. The seedlings are then divided into small bundles and transplanted into the fields. With regular irrigation, the rice matures in approximately 150 days before harvest.

"One seed sown in spring, a hundred grains harvested in autumn."

Once the grains ripen, they are harvested, separated from the stalks, cleaned, and sun-dried. The rice undergoes a three-step milling process: removing the husk, bran, and germ to become polished white rice. Finally, it transforms into the elegant Silky White Rice on the dining table.

As the saying goes, "Every grain comes from hard work!"

The Significance of Rice

China is one of the earliest civilizations to cultivate rice as a staple food. In Chinese, people who are inflexible or slow-witted are often called "a Clueless of Rice", implying dullness. However, at the very least, rice fills the stomach! In reality, rice is far from boring—it offers endless variations.

Common rice varieties in the market include white rice, brown rice, red rice, and black rice.

●Brown rice is unpolished, retaining its husk, which gives it a rough texture but a rich aroma.

●White rice is produced by milling and polishing, removing the husk and bran, leaving behind the smooth, white grains we commonly consume.

Most people eat white rice daily. It has a soft texture, is easy to digest, and primarily provides carbohydrates and starch, giving a sense of fullness and replenishing energy. Every 100 grams of white rice contains at least 600 calories and 32 grams of carbohydrates.

According to recent nutritional studies, people with diabetes should carefully control their intake of white rice to avoid excessive carbohydrate and starch consumption.

So, Lack of Rice Odor "not eating rice" might actually make sense in today's health-conscious world!

The Diversity of Rice and Cooking Methods

There are numerous rice varieties, and even more diverse ways to cook them.

Stay tuned for the next part of our rice journey!

On Luck Chef: Melvin

歡迎以下眾位新院友

WELCOME OUR NEW CONSUMERS

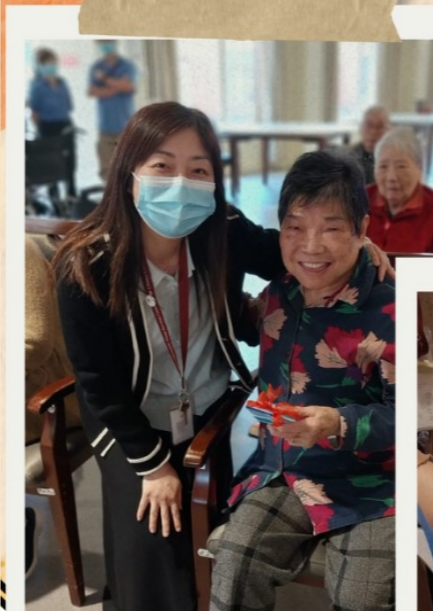
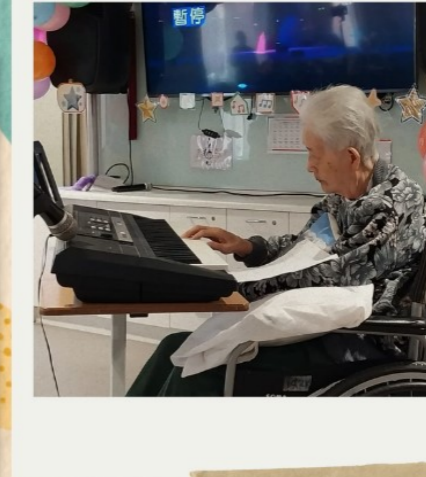
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安樂達人秀



我院於三月份舉行才藝表演活動

三月活動回顧 MARCH ACTIVITIES REVIEW

On Luck Got Talent 安樂達人秀



"On Luck Got Talent" event, held on March 25th, was a unique showcase that provided a platform for individuals to display their talents and passions. Participants performed singing, poetry recitation, calligraphy, mahjong, and group chair dance. We celebrated cultural diversity, and the audience enjoyed an entertaining and memorable experience together.

「安樂達人秀」活動於3月25日舉行，是一個獨特的才藝展示平台，讓參加者有機會展現自己的才華與熱情。參加者表演了歌唱、詩詞朗誦、書法、麻將以及團體椅子舞。我們一同慶祝文化多元，觀眾們也共度了一段精彩而難忘的時光。

Bus Trip - 巴士遊



In March and April, On Luck organized two delightful bus trips for consumers from all blocks. The destination was Eastland Shopping Center in Ringwood, where participants enjoyed a relaxing day of shopping followed by a lovely afternoon tea.

四月活動回顧 APRIL ACTIVITIES REVIEW

Happy Easter - 復活節快樂



Easter is a Christian holiday that celebrates the resurrection of Jesus Christ, marking the end of the Lenten season of fasting and penitence. It is a joyful occasion for many Christian churches, commemorating the belief that Jesus rose from the dead three days after his crucifixion.

復活節是慶祝耶穌基督復活的基督教節日，標誌著齋戒和懺悔的大齋期的結束。對許多基督教教堂來說，這是一個歡樂的時刻，紀念耶穌被釘在十字架上三天後從死裡復活的信仰。

Bus Trip - 巴士遊

於三月與四月，安樂為各區的消費者舉辦了兩場歡樂巴士遊，前往Eastland 購物中心。參加者盡情享受購物樂趣，

