

F. World Food Poster 請從以下選一個主題來畫海報。

Healthy 7-11

Think about the food inside 7-11. Is it healthy and sustainable? How can we change it? You can draw the inside of a 7-11 with local Taiwanese food. You can show the food growing at the farm. The farmers are taking it to the new healthy 7-11. Or you can draw a 7-11 that has healthy food in half of the store and unhealthy food in the other half.

想想 7-11 裡面的食物。它是健康和可持續的嗎？怎麼可能改變。你可以用當地的台灣菜畫出 7-11 的內部。你可以展示農場種植的食物。農民們正在把它帶到新的健康 7-11。或者你可以畫一個 7-11，其中一半商店有健康食品，另一半有不健康食品。

Healthy Nightmarket

Think about the food at the night market. Is it healthy and sustainable? How can that change. You can draw the night market with healthier and more sustainable food. You can show the food growing at the farm. The farmers are taking it to the new healthy night market.

想想夜市的食物。它是健康和可持續的嗎？那怎麼能改變呢？你可以用更健康、更可持續的食物來繪夜市。你可以展示農場種植的食物。農民們正在把它帶到新的健康夜市。

Aboriginal Food

Share Taiwan's aboriginal food culture. There are many kinds of aboriginal food. You can draw the food and write about it. You can draw the aboriginal people too and show us where they live in Taiwan.

分享台灣原住民飲食文化。原住民的食物有很多種。你可以畫出食物並寫下來。你也可以畫原住民，告訴我們他們住在台灣的什麼地方。

Hakka Food

Share about Taiwan's Hakka food. You can draw the cuisine and write about the ingredients.

分享台灣客家美食。你可以畫出美食並寫下食材。

Vietnamese Food

Sentences you can write: Celebrate Food Diversity, Local Food Culture, Share Culture, Share Food. Many Vietnamese people live in Taiwan. Share this part of Taiwan's local food culture.

你可以寫的句子：慶祝食物多樣性、當地飲食文化、分享文化、分享食物。許多越南人住在台灣。分享這部分台灣當地的飲食文化。

Local Farmers

Taiwan's farmers provide healthy food for everyone! Make a poster that celebrates Taiwan's farmers. You can show farmers growing different fruits and vegetables on farms. Or you can draw farmers giving food to all of Taiwan. The point is to show how farmers provide food for Taiwan. You could draw the process of farming: planting seeds, working in the field, harvesting fruit, and selling it at a market.

台灣農民為大家提供健康食品！製作一張慶祝台灣農民的海報。你可以向農民展示在農場種植不同的水果和蔬菜。或者你可以畫出農民給全台灣送食物。重點是展示農民如何為台灣提供食物。你可以畫出耕作的過程：播種、在田間勞作、收穫水果，然後在市場上出售。

My Family Cooks

Share about how Taiwanese people eat together. You can draw a family at a table eating Taiwanese food, or everyone can draw food that their family cooks. The point is to share about how we can eat healthy sustainable food together.

分享台灣人如何一起吃飯。你可以畫一組家庭在餐桌上吃台灣菜，或者每個人都可以畫他們家做的食物。重點是分享我們如何一起吃健康的可持續食品。

Healthy Local Bando

Make a poster about how Bando can be healthier. You can draw the food being produced, prepared, and then people enjoying eating it at the Bando feast.

製作一張關於 Bando 如何變得更健康的海報。你可以畫出正在生產、準備的食物，然後人們在飯桌上享用它。

Healthy School Food

Is your school lunch healthy? You can show how the school lunch can be healthier. Draw the unhealthy version next to the new healthy version. Show what kind of new sustainable things can be added. Or, if you think the lunch is already okay, you can draw your normal school lunch and students enjoying the lunch—highlights the important and healthy parts.

你的學校午餐健康嗎？你可以展示學校午餐如何更健康。在新的健康版本旁邊畫出不健康的版本。展示可以添加什麼樣的新可持續發展的東西。或者，如果您認為午餐已經可以了，您可以畫出正常的學校午餐和享受午餐的學生——突出顯示重要和健康的部分。

Taiwan's Local Fruit

Taiwan has so many delicious fruits. Make a poster to show off Taiwan's special fruits. You can draw each kind of fruit and add some slogans about sustainability, and you can draw Taiwan and the people of Taiwan sharing the fruits and enjoying them.

台灣有很多好吃的水果。製作展示台灣特色水果的海報。你可以畫出每一個水果，加上一些關於我們食物可持續發展的標語，你可以畫出台灣和台灣人分享水果並享受它們。

Healthy Hot Pot Party

Everybody loves hot pot! Make a poster of people enjoying healthy hot pot. You can label all the healthy ingredients. You can show the food coming from the farmers or the supermarket. Think about where each ingredient came from.

人人都愛火鍋！製作一張人們享受健康火鍋的海報。您可以標記所有健康成分。您可以展示來自農民或超市的食物。想想每種食材的來源。

Food Around Taiwan Ideas

Many cities in Taiwan have some food specialty or special dish. You can draw a map of Taiwan and show what kind of food each city has. Eating Taiwan's food is sustainable and reduces CO2.

台灣很多城市都有一些美食特產或特色菜。你可以畫一張台灣地圖，顯示每個城市都有什麼樣的食物。吃台灣的食物是可持續的，可以減少二氣化碳。

Burmese_Cuisine/滇緬料理

Burmese cuisine comes from Myanmar and Yunnan. It combines spicy, sweet, and sour flavors. Common ingredients are rice, noodles, and fresh herbs. Popular dishes include salads, curries, and soups, reflecting the region's rich culinary traditions.

滇緬料理來自緬甸和雲南，結合了辛辣、酸甜等風味。常用食材包括米飯、麵條和新鮮香草。常見的菜式有沙拉、咖哩和湯品，體現了該地區豐富的烹飪傳統。

Is your poster finished? Let's share with each other.

This is my Taoyuan Local Food poster. It is about _____.
We think _____ is a very big problem.
Here you can see _____.

You can also see _____.

We want everyone to know about _____.

Which poster do you like?

I think _____ has the best poster because _____.