



What is your favourite thing to eat? Is it potato chips, pork dumplings or fishballs? Too much junk food is bad for you! Our school has invited an experienced home chef, Mrs. J, who is also a cookbook author, to share a few recipes of easy and healthy snacks that you and your family can try making at home.

Avocado and Salmon Open Sandwich

Ingredients

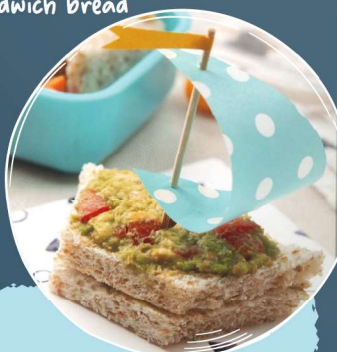
- 2 slices whole-wheat sandwich bread
- 100 g fresh salmon
- 1 avocado
- 1/4 tomato

Seasoning

- 1/2 lime (juiced)
- salt
- ground black pepper

Method

1. Heat a wok and fry the salmon until done. Plate up. Crush and bone with a fork.
2. Deseed tomato and dice.
3. Cut an avocado into halves. Core and scoop the flesh into a small bowl. Crush with a fork into mash.
4. Put the salmon and tomato dices into the avocado mash. Mix in seasoning. Butter over the bread. Taste it!



Soybean Milk Steamed Cake

Ingredients

- 2 eggs
- 30 g sugar
- 25 g soybean milk
- 30 g unsalted butter (molten)
- 30 g condensed milk
- 120 g cake flour
- 2 tsps baking powder

Method

1. Whisk eggs. Mix in sugar, soybean milk, butter and condensed milk in order (mix well before adding in another ingredient).
2. Sieve flour and baking powder together. Add into the egg mixture from step (1) by 3 times. Stir lightly until completely mixed. Pour into the mold.
3. Steam over medium heat for 10-15 minutes. Share them with your friends!



Reduced-salt cheesy Glutinous Rice Balls

Ingredients

- 110 g glutinous rice flour
- 15 g tapioca flour
- 30 g low-sodium grated hard cheese
- 40 g molten unsalted butter
- 1 egg
- 50-70 ml milk
- 4 g salt

Method

1. Sieve glutinous rice flour and tapioca flour. Add in grated cheese and salt. Mix well.
2. Whisk an egg. Add in molten butter and mix well. Put in the flour mixture.
3. Add milk bit by bit and knead into a moist and smooth dough.
4. Divide the dough into small portions and roll round. Put into a baking tray lined with baking paper.
5. Bake in a preheated oven at 180°C for about 20 minutes until golden. It's tasting time!



Assorted Mushroom Quiche

Ingredients

- 50 g assorted mushrooms
- 1 tsp chopped garlic
- 2 eggs
- 100 ml whipping cream
- 30 g grated cheese
- 1/2 tsp salt

Method

1. Heat oil in a wok. Stir-fry chopped garlic until fragrant. Add the assorted mushrooms and stir-fry until tender.
2. Whisk eggs. Add in whipping cream and salt. Mix well.
3. Put the assorted mushrooms into the egg mixture. Pour into the molds and sprinkle over grated cheese.
4. Bake in a 180°C preheated oven for 15 minutes until done. Smell it!



Welcome back folks! Schools in Hong Kong were closed from March to late April because there were many COVID-19 cases. All pupils were very surprised about the early summer holiday. What did you do in your long holiday? Many students have shared that they have learnt new skills! Some of them learnt to cook yummy dishes, make mouth-watering desserts and even design their own cartoons. Also, a lot of families went hiking and went for a picnic too! They all made good use of the holiday. Our Native English Teachers Miss Amandeep and Miss Pawandeep also shared how they spent their holiday meaningfully. Read their sharings below.



This year our summer break was a special one. During the pandemic, there were very limited things that we could do. One activity that I enjoyed was reading books. I love to read books about adventures and different fantasy worlds. One book series I read was 'Harry Potter' and found them to be very interesting. Another activity I enjoyed was taking walks and going on hikes. I went on the 'Thousand Islands Hike' in Tai Lam Chung Reservoir. The hike was tiring but the view was breathtaking.

This summer gave me a chance to relax and explore new things by staying at home. I finished 4 books in the first half of my holiday and my best read was 'Good Vibes Good Life' by Vex King. It persuaded me to adapt positive thinking in my life. Also, I exercised everyday to stay healthy and active. After the pandemic situation got in control, I went cycling with my friends and had an amazing lunch with my cousins. Overall, this unplanned summer still turned out to be a great experience.

What do we do in our summer holiday?

Find the following words in the puzzle. words are hidden → and ↓



H S H Y W Q V Z S J X P
W W H C O O K J O I D L
R K J E D R A W E V E A
S S G Z G I S I N G S Y
W J I D A N C E B J I T
I L I R E A D N R O G D
M C U I W F Z F Y G N J
D I A O P A I N T S N I



Find all the words in the word search and upload it by 15/6 with the QR code. You may get a small prize later!

Look at my magic. I turned a paper roll into a cute pencil holder. I drew a cute bunny and stuck it to the paper roll. It is 'hugging' my stationery now!

1C
Yip Tsz Ching



In this summer vacation, I learnt to sing English songs and play the ukulele. I watched some online tutorial videos and started practising it. I even recorded my performance. Check them out now!

3A
Shi Hing Yee Mini



Check my singing here:



During the summer holiday, I learnt to bake some cupcakes. They smelled so good...My family and I thought that the cupcakes were very tasty. I also thought that it was the most delicious food I have ever made!

2A
Lau Tsz Yau



I could not enjoy having breakfast in a fast food shop during the pandemic. Therefore, I learnt to make scrambled eggs for my family. Trust me, it is very delicious!

3E
Wong Caesar

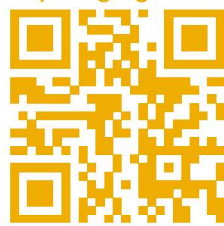


I learnt to sing in mandarin during this long holiday. I love music and I enjoy singing very much. I hope that I can sing for you one day...

1D
Wan Cheuk Hin



Check my singing here:



I made a few phone holders during the summer holiday. They are colourful and in different styles. I shared them with my sister. I want to make some more later!

3E
Lee Man Him



I learnt to make dumplings with Mum in late March. I shared the dumplings with my family later. I enjoy cooking a lot!

2C
Ng Nga Ching Venezia



Snowflake crisps is one of my favourite sweets. I tried creating a new flavour of the sweet in the summer vacation by adding strawberries and mangoes to the recipe. They tasted gorgeous as expected!

5B
Lee King To



During the summer holiday, I learnt how to pet a guppy. Look at the pictures. I was feeding the fish. I also learnt how to refill clean water for it. I was over the moon!

1E
Wong Hoi Kiu



My family and I took care of four caterpillars in our long holiday. I gave them some leaves as food. They first turned into pupas...Some days later, we met these amazing butterflies

2B
Chan Oi Ching



I made a projector during my summer holiday. It helps to screen cartoons and videos that I love. I made it with some paper boxes, Styrofoam, sellotape and a magnifier. It was a wonderful experience!

5B
Yeung Sum Ting



I went hiking with my family on the 8th April. We saw beautiful scenery on our way to Tai Tam Reservoir. We took many pictures too! It was an enjoyable day!

2A
Chu Ka Po

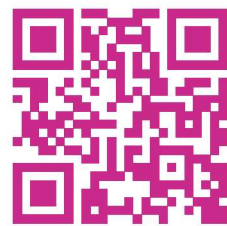


I learnt roller skate by watching online videos. Then I practiced skating skills in the park near my home. It is not easy but I always feel excited about skating!

1E
Chan Wai Hung



Watch me roller skate here:



I kept doing exercise even when I was at home. I watched fitness videos online and did exercise 30 minutes every day. I think doing exercise can bring me positivity!

4B
Cheung Wan Shun



I always stay fit by doing hula hoops exercise. During the summer holiday, I even learnt to turn two hula-hoops at once. Check out my video to see the performance I prepared for you

2B
Liu Hui Lam



Look at how I play hula-hoops here:



-SY- Artists

-SY- Scientists

-SY- Sports Stars

-SY- Master Chefs