

海報設計賽 華裔女生獲大獎

記者關文傑

舊金山26日報導

為了響應3月份全國營養健康周，舊金山衛生局和聯合學區舉辦了一項宣傳多食蔬菜的海報設計，在750多件繪畫參賽作品中，現年13歲的華裔女學生曹尹晴獲得全場大獎，其餘各級別九個獎項也有多名華裔得獎。學區中央營養協調人Saeeda Hafiz指出，全國的學生很多過於肥胖，主

要是缺乏正常運動和少吃蔬菜引致。為了鼓勵學童多吃蔬果，約一年前與衛生局共同商討，計畫舉辦一項由學生參與的海報宣傳活動，以繪畫藝術創作，挑選得獎作品製成海報，在公車上張貼。去年4、5月間學生參賽，6月進行評選。比賽由學前教育班到高中生，共分五個級別，每一級別設第一名和第二名，在十個得獎者中再選出全場冠軍，獲獎金200元，

各級別第一名得100元，第二名得50元。

頒獎儀式25日下午在Potrero區的Sports Basement運動器材店內進行，現年13歲就讀馬連拿初中的曹尹晴獲全場冠軍，她的作品以蕃茄為主題，宣傳含維他命A和C、含豐富營養、低熱量、高纖維。曹尹晴自幼在華埠男青年會跟隨著著名美國女畫家Sara學習繪畫，她表示，約用了兩個小時繪畫。曹尹晴入讀馬連拿初中前是春谷小學的學生，該校校長Lonnie Chin當天特別前來向她祝賀。

海報設計比賽共有八名評審，他們代表衛生局和學區等，舊金山衛生局營養師雷馬塔姆表示，這是第一次舉辦海報比賽，時下學童忽略了進食蔬果的重要性，比賽得到聯邦農業部的贊助，舊金山縣營養行動計畫委員會(San Francisco County Nutrition Action Plan Committee)屬下15個機構都有參與，希望今後能再舉辦類似的創作比賽。

獲得全場大獎的曹尹晴與母親在作品前合照。

(記者關文傑/攝影)



Grand-prize winner Yin Qing Cao and mother posing in front of Cao's work

“Pick Me Event” Press Article

World Journal

March 27, 2009

News Report San Francisco 3/26 – Responding to the National Nutrition Month, San Francisco Department of Public Health (SFDPH) and San Francisco Unified School District (SFUSD) launched a poster design contest to promote the message of eating more fruits and vegetable. From 750 and more entries, a thirteen-year-old ethnic Chinese student Yin Qing Cao won the grand prize; among the other nine prizes, many were awarded to students of Chinese descent. Saeeda Hafiz, the School District Site Nutrition Coordinator asserts that the main reason for so many students nationwide are overweight is insufficient regular exercise and low intake of vegetables. In order to encourage school-age children to eat more fruits and vegetables, collaboration was established with SFDPH to discuss and plan a poster design contest, in which students would participate, to promote the message. From the creative drawings submitted by students, the winning pieces were selected to be printed as posters for display on MUNI buses. Students from preschool to high school submitted drawing. First and second-place winners were chosen from each of the five representing grades. From the ten finalists, the grand prize winner was chosen and awarded \$200. Of each grade, the first winner was awarded \$100, and the second winner \$50.

The Award Ceremony took place on March 25th, in the afternoon, at Sports Basement in the Potrero district. Thirteen-year-old Yin Qing Cao of Marina Middle School was the Grand Prize winner. Cao's masterpiece uses tomatoes as the theme, accenting the high content of vitamins A and C, other nutrients and fiber, and the low caloric content of this produce. Since early childhood, Cao has been taking lessons under the reputed artist Sara, at the China YMCA. Cao says that she used about two hours in creating her drawing. Before entering Marina Middle School, Cao was a student at Spring Valley Elementary School; Lonnie Chin, the principal of Spring Valley, took a special trip this day to congratulate Cao.

There were five judges on the panel, representing SFDPH and SFUSD. Registered Dietitian of SFDPH, Magdalene Louie states that this poster contest was the first of its kind to address the issue of today's school-age kids neglecting the importance of fruit and vegetable consumption. This contest was sponsored by the United States Department of Agriculture. All fifteen organizations of the San Francisco County Nutrition Action Plan Committee participated in this endeavor and all hope that there will be similar creative contests in the future.