

Cooking demonstrations by star chefs at Food Expo's Less Salt Less Sugar Theme Day (with photo)

Healthy diets with reduced salt and sugar represent a trendy culinary culture. Members of the public visiting the Food Expo on August 16 (Friday) can also learn low-salt-low-sugar cooking skills by watching the demonstrations of renowned Japanese and local chefs.

Under the theme of "Low-salt-low-sugar Beyond Your Imagination", the Less Salt Less Sugar Theme Day Star Chef Cooking Demonstration is jointly organised by the Food and Health Bureau (FHB), the Centre for Food Safety (CFS) of the Food and Environmental Hygiene Department, the Committee on Reduction of Salt and Sugar in Food and the Hong Kong Trade Development Council. A selected day of the Food Expo is dedicated to less-salt-less-sugar cooking demonstrations with a view to encouraging the public to cultivate healthy eating habits.

As the co-organiser of the event, the Ministry of Agriculture, Forestry and Fisheries of Japan has arranged for renowned Japanese Chef Takashi Tamura to fly to Hong Kong to perform a healthy Japanese cooking demonstration in person. Moreover, local star chefs Ming Leung, Jacky Chung and Lai Wai-hung will showcase their cooking skills at the Food Expo's Gourmet Zone Star Kitchen to promote healthy and tasteful culinary diets.

Details of the cooking demonstrations are as follows:

Session 1:

Time: 11.15am to 12.15pm

Chef: Takashi Tamura

Session 2:

Time: 2.30pm to 3.15pm

Chef: Ming Leung

Session 3:

Time: 4pm to 4.45pm

Chef: Jacky Chung

Session 4:

Time: 5.30pm to 6.15pm

Chef: Lai Wai-hung

Natural tastes of food can be brought out in the course of cooking through smartly used and well-matched ingredients, combined with warm thoughts, ideas and a passion for food by the chef. Excessive salt and sugar to stimulate the taste buds will subdue the original flavor of the food.

Salt and sugar intake shares a close relationship with health. An excessive intake of salt in food may increase the risk of hypertension, stroke and heart disease, while an excessive intake of sugar may lead to obesity and dental caries. As such, the Government is committed to promoting measures to reduce the intake of salt and sugar in food.

The Government launched the Less-salt-and-sugar Restaurants Scheme early this year to encourage restaurants to offer tailor-made less-salt-and-sugar dishes to customers. Up till now, more than 300 restaurants have participated in the Scheme. In addition, more than 600 restaurants have offered less-salt-and-sugar options to customers. The list of participating restaurants can be found at the [FHB's webpage](#).

Members of the public are welcome to visit CFS' designated [Facebook page](#) or [Instagram page](#) of Hong Kong's Action on Salt and Sugar Reduction for more information on less-salt-and-sugar diets.

For information on the Food Expo and admission details, please visit the [HKTDC's webpage](#).



Result of the tenders of People's Bank of China RMB Bills held on August 14, 2019

The following is issued on behalf of the Hong Kong Monetary Authority:

Result of the tenders of the People's Bank of China RMB Bills held on
August 14, 2019:

Tender Result

Tender Date : August 14, 2019

Bills available for Tender : Three-Month RMB Bills

Issuer : The People's Bank of China

Issue Number : BCHKFP19023

Issue Date : August 16, 2019

Maturity Date : November 15, 2019 (or the
closest coupon payment date)

Application Amount : RMB 47,980 million

Issue Amount : RMB 20,000 million

Average accepted Coupon
Rate : 2.77%

Highest accepted Coupon
Rate
(Bills' Coupon) : 2.90%

Lowest accepted Coupon
Rate : 1.95%

Allocation Ratio : Approximately 39.97%

Tender Result

Tender Date : August 14, 2019

Bills available for Tender : One-Year RMB Bills

Issuer : The People's Bank of China

Issue Number : BCHKFP19024

Issue Date : August 16, 2019

Maturity Date : August 16, 2020 (or the closest coupon payment date)

Application Amount : RMB 30,610 million

Issue Amount : RMB 10,000 million

Average accepted Coupon Rate : 2.82%

Highest accepted Coupon Rate
(Bills' Coupon) : 2.95%

Lowest accepted Coupon Rate : 2.00%

Allocation Ratio : Approximately 69.46%

[Lifesaving services suspended at Golden Beach](#)

Attention TV/radio announcers:

Please broadcast the following as soon as possible and repeat it at regular intervals:

The Leisure and Cultural Services Department announced today (August 14) that due to an insufficient number of lifeguards on duty, the lifesaving services at Golden Beach in Tuen Mun District are suspended until further notice.

First-aid services will be maintained at the beach.

Fatal traffic accident in Tsuen Wan

Police are investigating a fatal traffic accident in Tsuen Wan today (August 14) in which a 44-year-old woman died.

At about 1.40am, a taxi driven by a 72-year-old man was travelling along Tsing Long Highway towards Kowloon. When approaching near North West Tsing Yi Interchange, it reportedly knocked down the 44-year-old woman.

Sustaining serious head injuries, the woman was rushed to Yan Chai Hospital in unconscious state where she was certified dead at 3.11am.

The taxi driver was arrested for dangerous driving causing death. He is being detained for further enquiries.

Investigation by the Special Investigation Team of Traffic, New Territories South is underway.

Anyone who witnessed the accident or has any information to offer is urged to contact the investigating officers on 3661 1300 or 3661 1344.

CHP reminds public on precautions against heat stroke during very hot weather

The Centre for Health Protection (CHP) of the Department of Health (DH) today (August 14) reminded members of the public, particularly those undertaking outdoor activities, to take heed of necessary measures against heat stroke and sunburn in very hot weather.

"The public should carry and drink plenty of water to prevent dehydration while engaging in outdoor activities," a spokesman for the CHP said.

"Those engaged in strenuous outdoor activities should avoid beverages containing caffeine, such as coffee and tea, as well as alcohol, as they speed up water loss through the urinary system," the spokesman explained.

"The obese, the sick, including those with heart disease or high blood pressure, the old and the young are more vulnerable to heat-related illnesses. They should pay special attention," the spokesman added.

The public should adopt the following precautions:

- Wear loose and light-coloured clothing to reduce heat absorption and facilitate sweat evaporation and heat dissipation;
- Avoid vigorous exercise and prolonged activities like hiking or trekking as heat, sweating and exhaustion place additional demands on the physique;
- Perform outdoor activities in the morning or late afternoon;
- For indoor activities, open all windows, use a fan or use air-conditioning to maintain good ventilation; and
- Reschedule work to cooler times of the day.

If working in a hot environment is inevitable, introduce shade in the workplace where practicable, and start work slowly and pick up the pace gradually. Get into a cool area for rest at regular intervals to allow the body to recuperate.

The public should also note the latest and the forecast Ultraviolet (UV) Index released by the Hong Kong Observatory (HKO). When the UV Index remains high (6 or above):

- Minimise direct exposure of the skin and the eyes to sunlight;
- Wear loose long-sleeved clothing made of close-woven fabrics;
- Wear a wide brim hat or use an umbrella;
- Seek a shaded area or put on UV-blocking sunglasses;
- Apply a broad-spectrum sunscreen lotion with a sun protection factor (SPF) of 15 or above. Apply liberally and reapply after swimming or sweating; and
- While using DEET-containing insect repellents for personal protection against mosquito-borne diseases, apply sunscreen first, then insect repellent.

If symptoms develop, such as dizziness, headache, nausea, shortness of breath or confusion, rest and seek help immediately, and seek medical advice as soon as possible.

The public may get more information from the DH's Health Education Hotline (2833 0111), [heat stroke](#) page and [UV radiation](#) page; the HKO's Dial-a-Weather (1878 200), latest [weather and forecast](#), [UV Index](#) and weather information for [hiking and mountaineering](#); and [press releases](#) of the Labour Department on precautions against heat stroke for outdoor workers and their employers when the Very Hot Weather Warning is in force.