



Department of Dietetics 營養部

Our Milestones 我們的發展里程碑



Late 1950s

Hong Kong's pioneer dietician was Ms Margaret Wilson from England, who stationed in QMH's Main Kitchen. She managed the operation of catering services with appointed nursing officers and devised basic therapeutic diets such as diabetic, low fat, low sodium meals.

香港首位營養師是來自英國的Miss Margaret Wilson。她駐守在瑪麗醫院大廚房，由護士長協助管理廚房工作，並負責設計簡單的特別餐，如糖尿餐、低油餐、低鹽餐等。



1960s

Recruitment of more dietitians from the UK, New Zealand and the US to develop service provision in dietetics and catering.

Scholarship was set up by the Medical and Health Department to encourage local nurses with UK registration qualification to pursue dietetics training in UK. Ms Victoria Ng was the first recipient of this scholarship.

Ms Alison Fok was the first Chinese lady who worked in QMH as a dietician. 瑪麗醫院聘請曾在英國、紐西蘭與美國受訓的營養師，協助開展膳食服務。

醫務衛生署認為長遠來說，營養師不能靠靠外援，故設立「營養學獎學金」，選拔於香港的英國註冊護士往英國攻讀營養課程。吳瑞濤女士成為首位獲派英國就讀營養課程的華人。

Ms Alison Fok 是瑪麗醫院首位華人營養師。



1980s

Prerequisite of Dietitians became university degree holders. Apart from offering therapeutic dietetic services and giving consultation to inpatients and outpatients, dietitians had to oversee the entire catering services.

營養師入職時須具備大學學位，除了在院內負責其專業工作外，還需兼顧廚房的日常運作，負責編排、購買、設計全院膳食。



2000s

In line with the computerization era, dietetic services were enhanced by the provision of electronic teaching materials, automated diet ordering, digital body fat analysis measurements and Diet e-channel, allowing patients to understand the importance of nutrition on health status.

營養部邁進電腦化時代，推行電子化教材和更快捷的電腦膳食點餐。推出高智能的營養e-道和通用脂肪磅，讓病人加強了解營養及身體狀況的關係。



Mid-1990s

After detachment from the Catering services, the Department was established with one senior dietician and six dietitians. The relocation from Main Kitchen to K4 had improved the working environment, and enabled dietitians to focus on dietetic roles and professional development, and to work in partnership with HKU SPACE to provide local internship dietetic training program.

營養部與膳食部分拆，由大廚房搬往舒適、寧靜的K4辦公室，讓營養師專心在營養課題上發揮及鑽研，並參與培訓香港大學營養師課程的臨床實習。營養部成員包括一位高級營養師及六位營養師。



1990s

Dietitians with post-graduate and master degree continued to gain recognition from professors and doctors, paving the way to more interdepartmental activities such as delivery of health talks and participation in clinical research. Hosting of the 'Christmas Party for Paediatric Diabetic Patients' in collaboration with Department of Paediatrics and Adolescent medical team was one of the annual highlights.

營養師得到各部門教授和醫生的認同，經常主持營養健康飲食講座及參與不同的研究工作。而其中一個令我們自豪的項目，就是每年一度與兒科合辦的糖尿兒童聖誕派對。



2010s

The Department started supporting primary health care development in Sai Ying Pun and Aberdeen clinics. This outreach program provided cooking demonstration class on top of the usual dietary consultation sessions.

擴展營養外展服務。在香港仔診所及西營盤發育醫院設有教學廚房，教育市民營養飲食知識及作烹調示範。



2016s

The Department was relocated to Ground floor, School of Nursing. The department currently comprises of Department Manager, Ms Vivien Yu and 11 fellow dietitians, who are providing continuous quality dietetic services to the public.

營養部遷往護士學校大樓地下。營養部經理余敏慧小姐帶領11位營養師繼往開來，為市民提供優質服務。



Publications by Department of Dietetics 營養部編印的營養刊物

