



從中台茶飲店的興起探討其熱潮

編輯手記

春去夏來，那麼快又迎來了第二十三期匯言報，在這驕陽似火的盛夏，怎能不來一杯冰涼的水果茶呢？

對於不同種類的茶類飲品，各界人士都有褒貶不一的評論，有些人認為現時茶類飲品款式多樣化，而漂亮的杯子、茶的清新味道亦令人心情愉快；有些人則認為茶類飲品高糖高脂，多喝對人體有害。儘管如此，一眾市民在炎熱夏日也難抵擋對茶類飲品的喜愛，有時候我們可以看到茶飲店門外排起長長的隊伍，有些店子甚至要顧客等候兩小時才能取得飲品，由此可見茶飲店的魅力和受歡迎程度。對於大眾而言，茶類飲品不單只是為了解渴，更是對生活享受的態度，也算一種時尚消費。這些茶飲店已漸漸融入大眾的生活，我們總看見在街頭小巷，無論是年青人，甚至上班族都會手持茶類飲品，君不見年青的學生在逛街、看電一影的時候都愛捧着一杯奶茶嗎？大家都接受了這類飲品成我們生活的一部分。不知大家是否喜歡不同的茶類飲品？沒喝過的話便可以留意這期的匯言報。

4D 鄧嘉寶



從中台茶飲店的興起探討其熱潮

4A 張瑩

你嘗過芝士奶蓋了嗎？無論你是基於好奇還是已深深地迷上不同的茶類飲品，你都會發現

香港的大街小巷都充斥著不同的茶飲店。每逢到街上，總會看到不少年青男女手握一杯飲品。

茶飲店的興起最先應治自奶茶。它最初在南洋一代興起，並在上世紀80年代開始在台灣走紅。台式奶茶一般都是用烏龍茶、綠茶或者小葉種紅茶作茶基。這類茶的口感清淡，調成奶茶後路口感清新柔和。早在1990年代初，在台灣的泡沫紅茶店就能喝到珍珠奶茶。所謂的珍珠奶茶就是泡沫紅茶加粉圓。當時珍珠奶茶算是台灣的創新飲品。在90年代後期，已有台灣的茶飲店進駐日本並在當地引進珍珠奶茶。從那時開始，珍珠奶茶的名聲在日本已逐漸傳開。不僅是日本，在世界許多國家也能見到台灣珍珠奶茶的身影。在台灣的眾多美食中，若說「珍珠奶茶」是最能代表台灣的美食地應不為過。

台灣珍珠奶茶的熱潮一直在中港台等地延續。90年代時茶類飲品的款式不多，但近年茶類飲品的款式越來越多。如今已發展到有芝士奶蓋、黑糖、香芋、虎紋、水果茶等款式。口味多不勝數。天仁茗茶、貢茶、歇腳亭、老虎堂、珍煮丹、春水堂、一芳、喜茶等茶飲店品牌。相信每一個香港人沒喝過也聽說過。茶飲店在香港越來越多，街頭巷尾都擠滿了排隊等候的人潮。中台茶飲店的興起主要原因是現代生活節奏急速，茶飲店以「隨拿即飲」的個人化形式，令一般市民覺得方便、快捷。其次茶飲店不設舖位，省下成本，每杯飲品的售價便可調低，而年青人因收入不高，茶飲店便成為他們經常惠顧的地方。第三，傳統外賣杯容易因擠壓而外漏飲料，新一代茶飲店運用機器幫助，以自動封口的包裝設計更衛生，容易攜帶的外帶杯裝飲品，令不少人都喜歡這些飲品。最後消費者都喜愛在社交平台分享個人生活，不同的茶類飲品已成為都市人生活的一部分。每逢有新的茶店，都市人都愛在社交媒體發表自己手持茶飲的照片，然後套上各色濾鏡，作為自己幸福生活的見證。由此，我們可見茶飲店的熱潮應會持續。

中台茶飲店的飲品質素、款式、外帶杯的設計都不斷改變，以迎合大眾的要求。無論你是否茶控，還是只為追求潮流而甘願花個多兩個小時排隊購買茶類飲品，茶飲店應該仍會在未來的日子繼續成為熱話。款式應該會愈來愈多。



茶類飲品知多少

4D 謝婉瑩

台灣人对珍珠奶茶的熱愛程度

更環保的手搖飲品再生玻璃杯

一杯珍珠奶茶熱量竟等於2.5碗米飯

現時大部分茶飲店出售的珍珠奶茶，都可讓顧客選全糖、少糖、半糖或者微糖，因為消費者認為少糖或半糖，就可以令糖分減少一半以上，而且熱量亦能減半，感覺也相對健康。但事實並非如此，因為茶飲店製作丸子時會加入大量糖，而一杯珍珠奶茶的平均糖含量有超過四分之一是來自茶內的丸子，有報章曾研究一杯珍珠奶茶含有44克糖；而一杯700毫升的全糖珍珠奶茶，就有442

卡路里，相等於2.5碗飯；至於極受歡迎的黑糖珍珠鮮奶，一杯已經等於三碗飯。由此可見，大家要小心「糖衣」陷阱啊！



近年，台式手搖飲品風靡全港，大街小巷都充斥住各式各樣的台式飲品店，而作為珍珠奶茶的發源地-台灣，對珍珠奶茶的喜愛更加不容看輕。根據台灣茶飲店-「春水堂」的統計，台灣人每年喝大約一億杯珍珠奶茶，如果將這些奶茶杯一個一個地疊起，足足等於1700座喜馬拉雅山！由此可見，台灣人對珍珠奶茶的熱愛程度無庸置疑。



不論台灣還是香港，手搖飲品都受大眾歡迎，但手搖飲品行業每日用上大量膠杯及飲管，造成不少浪費，所以台灣最近發明一款最新的設計，就是不用飲管的「FLOAT」再生玻璃杯。這個再生玻璃杯令杯內飲料內的配料不像平日一樣沉在底部，令使用者不需使用吸管就能同時喝到飲品與配料，而且杯內的每個組件都可分拆出來清洗，不用擔心像不銹鋼飲管般暗藏污跡，既環保又方便攜帶。





我對茶飲店的看法

訪問對象：何紹龍老師

相信現今不少人都喜歡喝茶類飲品，而何老師也不例外。何老師較喜歡仙草冬瓜茶，他認為這款茶不僅養生，還可降火解暑，而他也常光顧天仁茗茶。他認為茶飲店的飲品可以為人們的生活帶來一點小確幸，同時也會推薦親朋好友去品嚐，彼此分享快樂。雖然多喝茶類飲品會令身體肥胖，但何老師也不會因此而卻步，他仍會選擇一星期喝一次茶類飲品，並選擇微甜，又或走甜少冰等，這樣便能讓他享受茶類飲品之餘，也能保持健康的生活習慣。



茶

訪問對象：何諾衡老師

何老師認為現時茶文化風靡一時，茶類飲品也有很多不同的口味，儘管如此，何老師依舊喜歡港式奶茶。他認為港式奶茶能展現香港的飲食特色，也是香港獨有的文化。何老師每晚都會喝自己沖泡的奶茶，並已成為生活的習慣。他以奶茶去代替咖啡，避免了咖啡的苦澀，而且他認為奶茶這類的港式飲品比咖啡好喝，較咖啡也健康些。最後他希望在這個茶文化盛行的時代，港式奶茶仍然可以繼續成為港人的飲食文化，不致被人淘汰。

抹茶



茶

訪問對象：廖淑貞老師

雖然現時中台茶飲店風靡全城，但是廖老師很少喝這類茶類飲品，亦沒有喝珍珠奶茶的習慣，原因有三。第一是價錢稍高，不值得市民花錢去買。第二是有些茶飲店的糖份高，對身體不太健康。她認為都市人購買珍珠奶茶未必為了好喝、開心，反而因為人云亦云、跟風，甚至想藉此打卡。她認為這些問題都值得深思。廖老師反而喜歡咖啡，她為了環保，購買咖啡時會用自己的杯子，自己帶杯子去盛飲料，不用吸管等，從而為地球貢獻一分力量。



訪問對象：李秀英老師

李老師認為珍珠奶茶對於現在的年輕人而言，似乎成為了生活的必需品，習慣地會喝上一杯飲品。李老師對珍珠奶茶的觀感是不健康，其次是消費大。她認為學生與其花費金錢喝珍珠奶茶，不如謹慎點用錢，花費在學習上，從而增值自己的能力，有何不可呢？另外，李老師認為假如現時的年輕人是為了盲目追捧潮流，而去花上半個小時以上的時間去排隊購買珍珠奶茶，這是不可取的。相反，假如同學們是真心喜歡和欣賞它的口味或其他合理的因素而購買珍珠奶茶，偶爾購買也無妨。李老師最後提醒同學們別盲目追求潮流，要有自己的品味和追求。

茶



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Hot Topics in the World

Tea Culture in Hong Kong

4D Eric Li Hoi Hin

It has been quite some time since Taiwanese tea drinks became trendy in Hong Kong, and in recent times tea drink stores in mainland China has begun to open their stores in Hong Kong too. Are there any reasons why Chinese tea drinks are becoming so popular nowadays?

Yes, there are.

One of the reasons is that the types of tea drinks have become more diverse now. A quintessential example would be Sharetea. When they first started out in 1992, they sold to-go bubble tea, and it was so successful that they are able to expand their company outside Taiwan now. Now, in order to be compatible with different cultures of the world, they provide a variety of tea drinks, including Handmade Taro Milk, Oolong Tea etc., so as to cover all kinds of customers with different taste preferences.

Furthermore, tea drinks are able to be taken out anywhere possible. Take a look at any tea drink stores on any street, I guarantee almost every store provides takeout services for customers. The size of a drink is just the same as a bottle of water, thus you can just grab it with your single hand, and enjoy it while on your journey.

In a nutshell, there are other reasons why tea drinks are this popular too, and the trend of tea drinks will not disappear in a short period of time for sure.





文海試航



《大手牽小手》 4A張瑩

小時候，你牽著我的手帶我去遊歷；白了頭，我牽著你的手帶你去看世間繁華。有人問我「親情是什麼？」，親情是一盞燈，讓我無懼黑夜，勇往直前；親情是一把傘，讓我無懼雨夜，一路前行；親情是一把火，讓我無懼寒冷，一往無前。

指針在一步步旋轉，時間在一步步流逝，我長大了，可母親卻老了。

小時候，無論走到哪，母親溫暖的大手總是拖著我的小手，帶我穿梭著每條街道，帶我看遍世間萬物。還記得小學的時候，每次放學我都會興高采烈的跑出校門，母親會牽著我的手帶我去遊玩，在小河邊嬉戲玩耍，邊散步邊和母親分享在學校的日常，這樣的生活多愜意啊！每次過馬路，母親都會緊緊牽著我的手，給予我最大的安全感；每次在遊樂園玩過山車時，母親都會緊緊牽著我的手，讓我安心，讓我無懼；每次參加比賽緊張時，母親都會牽著我的手，讓我充滿力量，戰勝恐懼……可是，從甚 時候開始我和母親再也沒牽過手了。

自從我上了高中，我和母親漸行漸遠，我再也沒有主動和她分享我學校的點點滴滴，我再也沒有和母親一起出去遊玩，我再也沒有牽過她的手了。

直到有一天，我和她的疏離被打破了。那天晚上，我在看電視，母親在忙碌的準備晚餐，電視正在播放一則廣告，廣告是講述父母子女日漸疏遠，最觸動心弦的是廣告最後一句話：「你多久沒和父母好好說過話了？」是啊，我多久沒和母親好好相處了？我望向廚房，突然淚眼滿臉，我意識到母親真的變老了，那一根根銀絲般的白髮在黑髮中格外顯眼。我衝向母親，緊緊的擁抱住她，泣不成聲，時光老人啊，你可否走慢點，善待我的母親啊！

吃完飯，我主動邀請母親和我一起去樓下散步，我主動牽起母親的手，心中一緊，原來她的手不再像兒時那般的大，也粗糙了許多，我的手已經可以覆蓋住她的手了，但她的手依舊如昨日般溫暖。我和母親在這個晚上暢談人生，分享學校的點點滴滴，也是在這個晚上我明白了，小時候，母親的大手牽著我的小手，帶給我溫暖；

以後，就由我的大手牽著母親的小手，給予她幸福安康。

人行猶可復，歲月哪可追。我們總會長大，父母總會老去，所以且行且珍惜。親情是我們人生路途中最耀眼的風景。

此文榮獲第十屆大學青年文學獎-少年作家獎





Student Contributions



Suggestions on Making the School More Environmentally Friendly

Sum Ying Lok (5D)

Reduce the amount of paper used in school

First and foremost, recycled paper should be used in the school campus. As we all know, paper is obtained from logging. When logging is overdone, deforestation occurs. This then leads to detriment to the ecosystem and the environment. However, this situation can be mitigated by the usage of recycled paper. Since recycled paper is made out of recycled materials, there is no need to have more trees cut for making paper. The amount of paper required to be obtained can be reduced by using recycled paper. Logging is hence lessened.

Another recommendation for reducing the amount of paper used in school is that e-learning should be promoted in the school campus. With the soaring advances in technology, nothing is impossible. It barely takes a snap to shift from the traditional learning mode to e-learning. The traditional learning mode requires the presence of all sorts of books, worksheets, etc. If e-learning is adopted, the demand for papers will be cut down. Also, students can have their revision and assignments done online. The amount of paper used in school is therefore minimized.

Moreover, you are advised to have all the parent notifications done online. Whenever there are any school events, tons of paper is used for printing out letters to parents. This has a pernicious effect on the environment. If an online notification system is run, less paper will be wasted.

Recycle plastic bottles, aluminium cans and scrap paper

First of all, it is strongly suggested that you ought to install some recycling bins in the school campus. Humans are indolent in nature. There will be no chance in getting students to recycle if a long walk to the recycling bins is involved. The recycling bins should, hence, be installed on every floor of the school campus for the students' sake. In this case, the recycling bins can be accessed by students with convenience. They do not have to travel a long distance to recycle stuffs. Thus, they will be more willing to participate in recycling.

Another proposal is that you could promote recycling regularly. The promotion can be carried out in morning assemblies, hall assemblies and life education lessons in the form of role-playing, singing, etc. Although it may not seem to be effective at the start, a recycling-encouraging atmosphere will be created eventually. With regular promotion, the importance of recycling can be instilled into students.

Furthermore, it is strongly recommended that a reward system could be set up. Everyone in the mankind loves benefits. Having enough profits offered, humans can go crazy. Therefore, a reward system can motivate students to recycle things. Each class will be punished for recyclable waste found in their rubbish bins or awarded for recycling enthusiastically. Daily examinations could be conducted to keep an eye on whether a class should be awarded or punished. With an incentive provided, students are more eager to recycle plastic bottles, aluminium cans and scrap paper.

Save electricity

To start off, you are advised to replace all the conventional light bulbs with energy-saving ones. Lighting runs all day at school, making it one of the most significant expenses related to powering a school. Hence, choosing the most cost-effective equipment is essential. LED bulbs tend to consume less energy than traditional ones. Electricity can thus be saved.

In addition, it is strongly recommended that the action of purchasing more and more televisions should be ceased. Currently, there are already a plentiful amount of televisions installed in the school campus. That should be more than enough to just show the daily news, photographs taken at school events, etc. To be honest, merely a few students actually stop to watch the televisions. This is due to students having to face loads and loads of assignments, tests, club or house activities, etc. Therefore, keeping that many televisions on is just a waste of electricity, not to mention purchasing more of them.

Another piece of advice on saving electricity in the school campus is that the use of air conditioners should be tuned down. As running air conditioners takes up electricity like a beast, it is one of the major sources of electricity use in the school campus. In order to cut down on the use of power, school rules concerning the use of air conditioners should be formulated. For instance, air conditioners cannot be switched on if any student in the class is wearing a sweater or a coat. Also, air conditioners can only be turned on when the temperature is above twenty-five degree Celsius. Since fans typically consume far less energy than air conditioners do, students should be encouraged to switch on fans instead of air conditioners when the weather is not too hot.



News Review

Students on the edge: Hyper stress and Committing Suicide

4D Henry Tsang Cheung Kit

It is a statistic that is as alarming, as it is baffling. Since the start of the academic year, there has been a spike in the number of students in Hong Kong who have committed suicide. 22 young people had already taken their life by the end of 2018.

Everyone knows that school life is hard for students in Hong Kong. There is so much pressure on us to get the best results.

As a secondary school student, having to do homework isn't a big issue for me, but the amount keeps increasing and becomes more difficult. Preparing for the never-ending dictations and tests is the most annoying.

I wake up early to go to school, so when I return home, I should be allowed to rest. Instead, I need to immediately finish my homework. I lose all my free time after reciting (not studying) textbooks for tests and dictations.

If we have no time to do what we want, how can we develop our hobbies?

Another issue is that students do the same thing over and over. Everyone is unique. I know education gives us basic knowledge, but sometimes it loses its way.

We don't use Pythagoras' theorem in our daily lives, nor do we study science. It's so frustrating to study something simply because of how important grades look on report cards.

I'm not saying everything we learn in school is meaningless, but we need to learn results aren't everything; not everyone studies well.

However, if you fail the DSE, you basically can't go to university, and if you can't get that qualification, companies may overlook you.

Hong Kong's education system is cutting off its students' wings. We have our own dreams about our future, but we can't fly.

Movie Review



Name of the movie: *Us*
Director: Jordan Peele

Personally, I thought the movie was amazing. I had to go and see it twice before I wrote an in-depth review in this article.

There are many intricate things going on in the film that you really have to pay attention to if you want to grasp the full extent of the film.

Logically, we are going to question some things that happen in the film due to our own sense of what we want in movies (not necessarily me, but from what I'm seeing from other reviews on the film). Yes, we don't get a full laid out plan of Red, but she states that the plan did take years to execute.

The first moment she speaks has profound meaning and after seeing this film a second time, a lot makes more sense. Do I still have certain questions? Sure, but at the same time this film's unique creepiness and the various open-ended questions that we are left with makes this film a great one.

I don't think it is scarier than *Get Out*, but the social themes are much more of a focus. It fits more as a Social Horror film (similar to a *Belko Experiment*, *Escape Room*) where we focus on the deeper aspects of our society or how we as humans would act in certain situations.

Also, if you're into more of the traditional jump scare type of horror, this isn't it. I just think that overall, most people were expecting something different than what we got. Overall, Jordan Peele is a master at making things creepy and thrilling in a unique way for the genre and doesn't really skip a beat in his Sophomore Debut!

4D Henry Tsang Cheung Kit

Name of the movie: *Along With Gods: The Two Worlds*

Director: Yong-hwa Kim

Have you ever watched any thought-provoking and fantasy movies previously? For me, I have watched a touching movie called *Along with Gods: The Two Worlds*, which was indeed prevalent in Hong Kong, Taiwan and Korea. The highlights of this movie are manifold, so I'm going to separate several parts to share with all of you.

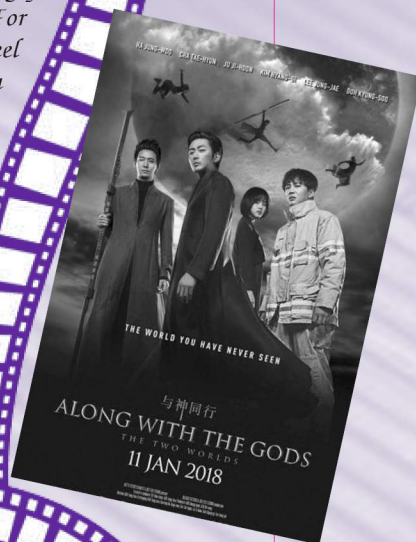
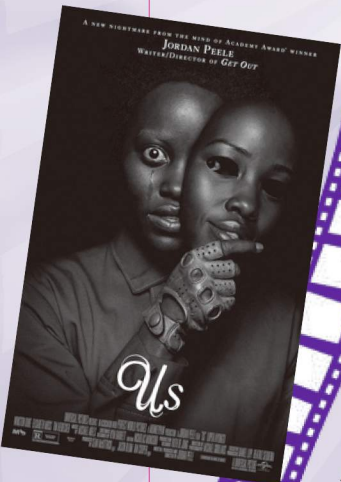
Firstly, for the arrangement of the plot, it was certainly well-arranged due to the fact that it was sequential. It set up the story line so as to let the audience acquaint the background. Surprisingly, the whole film was very coherent in carrying out various meaningful philosophies on life. For instant, "Don't waste your tears on the things of the past." That means we should not just feel regretful and stay fascinated on the past. Alternately, we should focus on the present time. In other words, we should let the sadness go away, and grasp the opportunities that you gain in the future.

Secondly, for the effects of the movie, it was remarkably the highlight of the movie due to the fact that its spectacular effects were really attractive. Particularly, the separate trials that Kim-ja Hong undergo were very realistic, so I was obviously fascinated with the effects of the movie in the cinema. Additionally, it created a nervous and mysterious atmosphere during many scenes that related to the separate trials.

Finally, from my perspective, *The Two Worlds* was genuinely a successful movie as it brought out various meaningful quotes about asking for forgiveness and those scenes were certainly touching. I couldn't hold my tears tightly. I will rate this movie 8.5 out of 10. Besides, I really learnt a lot from this film, so I want to recommend this marvelous film to all of you. I hope you enjoy my review.

Thank you!

4D Chow Tsz Tung



展覽名稱：香港賽馬會呈獻系列：百物看世界—大英博物館藏品展

展覽地點：香港文化博物館(沙田)

展覽時段：2019年5月18日至2019年9月9日

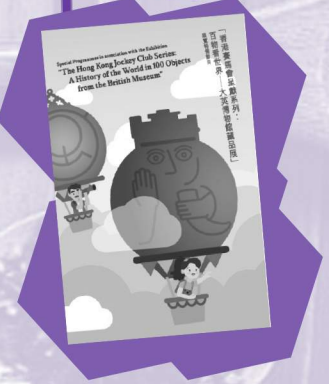
開放時間：星期一、三至五(上午10時至下午6時)；星期六、日及公眾假期(上午10時至晚上7時)；星期二休館(公眾假期除外)

由香港賽馬會呈獻的「百物看世界—大英博物館藏品展」共展出一百組由大英博物館精選的收藏品。展覽的構思源自大英博物館與英國廣播公司空前成功的廣播節目，展覽品按時序作展覽陳列，讓參觀者探知古人的生活與經歷。是次收藏品極具代表性，它們來自不同時代和地域，極富歷史價值。

這些由人類創作的物品，不一定是精美的藝術品，更多的是生活用品，例如貨幣、科學儀器及儀仗用具等，當中包括在非洲發現的最早石器工具、見證最早城邦出現的伊拉克烏爾軍旗、反映奴隸販賣的五十枚「馬尼拉」錢幣、達爾文航海船上的精密計時器、日本浮世繪名家葛飾北齋版畫作品《富嶽三十六景》之《神奈川沖浪裏》，以及當代涉及同性戀維權議題的大衛霍克尼作品等。每件物品背後的故事，都是一段段濃縮的歷史事件，讓觀眾能穿梭時空，了解當時的歷史狀況。

為配合展覽，香港文化博物館也推出一系列教育節目，包括專題講座、展覽導賞、學生和兒童節目、青少年及長者工作坊、社會共融活動、長幼跨代節目等，希望能引起觀眾對世界歷史、文化及藝術的興趣。是次展覽難能可貴，想一睹大英博物館的收藏品，趁暑假相約良朋知己一起去觀賞吧！

文化閣



好書推介

《指空敲石看飛雲》是一本散文集，全書集

結了小思由2005至2014年在《明報》所寫的文章。

編者馮珍今和鮑國鴻在選文及編排上花了很多心思，他們將小思在這十年間的專欄文章逐篇細讀，最後選出這六十篇佳作。

文章按主題分為人物、事理、萬物、生活態度和文化等，題材多元化。例如小思老師在這十年間寫了不少與靜、靜觀、慢活有關的主題，讓人不禁反思在忙碌的生活中如何取得空間及心靈的平靜，這些便是與我們的生活態度有關。另外小思老師觀察入微，隨手拈來，四周事物也可成為筆下的題材，如她住處附近的鳳凰木、中大圖書館的鳥巢等，都成為她筆下的主角，並被編者編為萬物一類的文章，令讀者能感受到自然萬物的幽靜。

小思老師筆觸細膩，簡潔的文筆便能帶出深意，相信同學細閱後，必能獲益良多。



新書推介
書名：《指空敲石看飛雲》
作者：小思
出版社：匯智出版有限公司
出版日期：2019年5月

電影介紹

4D 鄧嘉寶

電影的背景是在2045年，當時大部分人為了逃避現實世界的混亂而投入虛擬的網絡遊戲「綠洲」。遊戲公司承諾找到彩蛋的人將得到遊戲的擁有權，並繼承遊戲始創人的五千億美元遺產作為獎賞，因此吸引了像主角Wade Watts相近的人，他們分別組隊尋找彩蛋。這部電影中帶出很多令人深思的地方，就是人們在很多時候都會太執著眼前高遠的目標。當人們專注於不讓競爭對手超越自己的時候，往往會忽略了尋寶的樂趣以及與隊友的合作中得來的情感。

在日常生活中，我們不能用其外表去評價他人，因為有些人可以故意表露另一面出來。而人們卻常犯下以貌取人的過失，不管是高估別人，還是低估眼前狀況，在我們還沒真正認識一個人之前，很多時就會憑著別人的外表及第一印象而替他們下了結論，而那些我們錯估的人，可能就是即將啟發我們的人、幫助我們的人或是人生中陪伴我們前行的人。有時，錯過一次，可能就是錯過一生的事了。電影題材是充滿科幻色彩，但對人性的刻畫也見細緻，有機會的話，大家便去觀賞這套電影吧！



電影介紹
電影名稱：《挑戰者一號》
導演：史提芬·史匹堡

第二十三期編輯委員會
顧問老師：周玉鳳老師
編輯：張瑩(4A)★、
羅詠詩(4A)★、
鄧嘉寶(4D)★謝婉瑩(4D)★
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周芷瞳(4D)
編採部組長★