



Proposed measure of milk absorption

Age	Calcium required per day	Milk absorption per day
1 to 3 yr.	500mg	~  (1 a 2 glass)
4 to 8 yr.	800mg	~  (2 a 3 glass)
9 to 18 yr	1,300mg	~  (3 a 4 glass)

One glass of 250 ml of milk = 1.5 oz of cheese = 1 glass of yogurt

Points to be noted for milk adoption

Buy all dairy products from shops bearing fine credit and good reputation.

- Check the expiry date on the packing before buying or drinking.
- Discard and never drink any milk found to be having strange taste or congealed with lumps.
- Once the milk package is opened, keep it refrigerated (0° a 4° C).
- It is not advisable to drink milk on an empty stomach but to take with other starches like biscuits, bread, steamed bread, etc.
- It is not advised to take milk and medicine at the same time.
- Should a child be suffering from lactose intolerance (having symptoms of abdomen distension and diarrhea from milk drinking), he/she may start from a small quantity drinking or take yogurt as replacement.
- Iron and vitamin C hold only a small portion in milk. Encourage the children to adopt a balanced eating habit to acquire all the needed nourishment.



## 06 认识入侵红火蚁

入侵红火蚁(Red Imported Fire Ant, RIFA; *Solenopsis invicta* Buren), 内地称为外来红火蚁(以下简称红火蚁), 在生物分类学上属于膜翅目蚁科切叶蚁亚科火蚁属。

红火蚁为一中小型的杂食性蚂蚁, 身体呈红褐色, 腹部颜色较深。其外型及生活习性与很多种蚂蚁相似, 均为社会性昆虫(成熟群体中分蚁后、雄蚁及工蚁, 各施其职)。可透过明显的腹柄(2节)、触角节数(10节)、明显的复眼及头楯中齿、工蚁间的体型差异(有大、中、小型之分)作为红火蚁的鉴别特徵。而红火蚁为完全地栖型的蚂蚁, 一般喜欢在空旷的草坪、绿化带内筑巢。

红火蚁为攻击性强的蚂蚁品种, 当蚁丘受到外来干扰时, 即会群起攻击, 并以腹部末端的针刺攻击敌人, 人类被其叮咬后, 会有灼痛感及

形成水, 一般可于十至十四日内复原, 但红火蚁毒液中的水溶性蛋白质、小分子物质等, 可引发过敏性体质人士的过敏反应, 严重者可引致死亡; 同时杂食性的红火蚁以植物及动物为食, 对生态系统、农业、畜牧业均构成影响。目前最有效的红火蚁防治方法为“二阶段式处理法”, 一年需进行两次处理。首阶段于蚁巢四周放置饵剂, 第二阶段为利用触杀剂等作个别蚁丘处理。澳洲在使用此法两季后, 被处理过的区域有98%未再被红火蚁入侵, 效果理想。

由于红火蚁攻击性强, 如发现疑似红火蚁的蚁丘, 请勿接触及干扰它们, 应立即致电337676通知民政总署。

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