



我不只是麵包

贊助:



澳門特別行政區政府社會工作局
INSTITUTO DE ACÇÃO SOCIAL DO GOVERNO DA RAEM

閱讀方式
How to
Read

3-7歲
親子共讀
Age 3-7
Parent-child
reading
together

7歲以上
自己閱讀
Age 7+
Self-Reading



美術編輯：王睿琳、梁嘉悅
作者：馬雯汐、麥嘉倩、梁詠儀

我不只
是麵包



I'M NOT JUST A WHEAT BREAD

作者介紹



鮑思高青年服務網絡家庭健康促進中心是本著慈幼會「家庭精神」的傳統，透過服務以喚醒家庭成員重視及改善彼此間的交往方式，藉此強化家庭功能，建立和諧的家庭生活。我們在這裡結識，一起做服務，想以繪本與大家談談生活哲學。

Based on the "family spirit" of Salesians of Don Bosco, Family Wellness Centre of Bosco Youth Service Network (B.Y.S.) uses services to awaken family members to value and improve the way they interact with each other, thereby strengthening family functions and establishing a harmonious family life. We have met at B.Y.S., we serve others together, and wanted to talk about life style with everyone.

社工Wing姐姐



義工嘉倩姐姐



義工ANNA姐姐



義工啤啤姐姐



義工JENNY姐姐

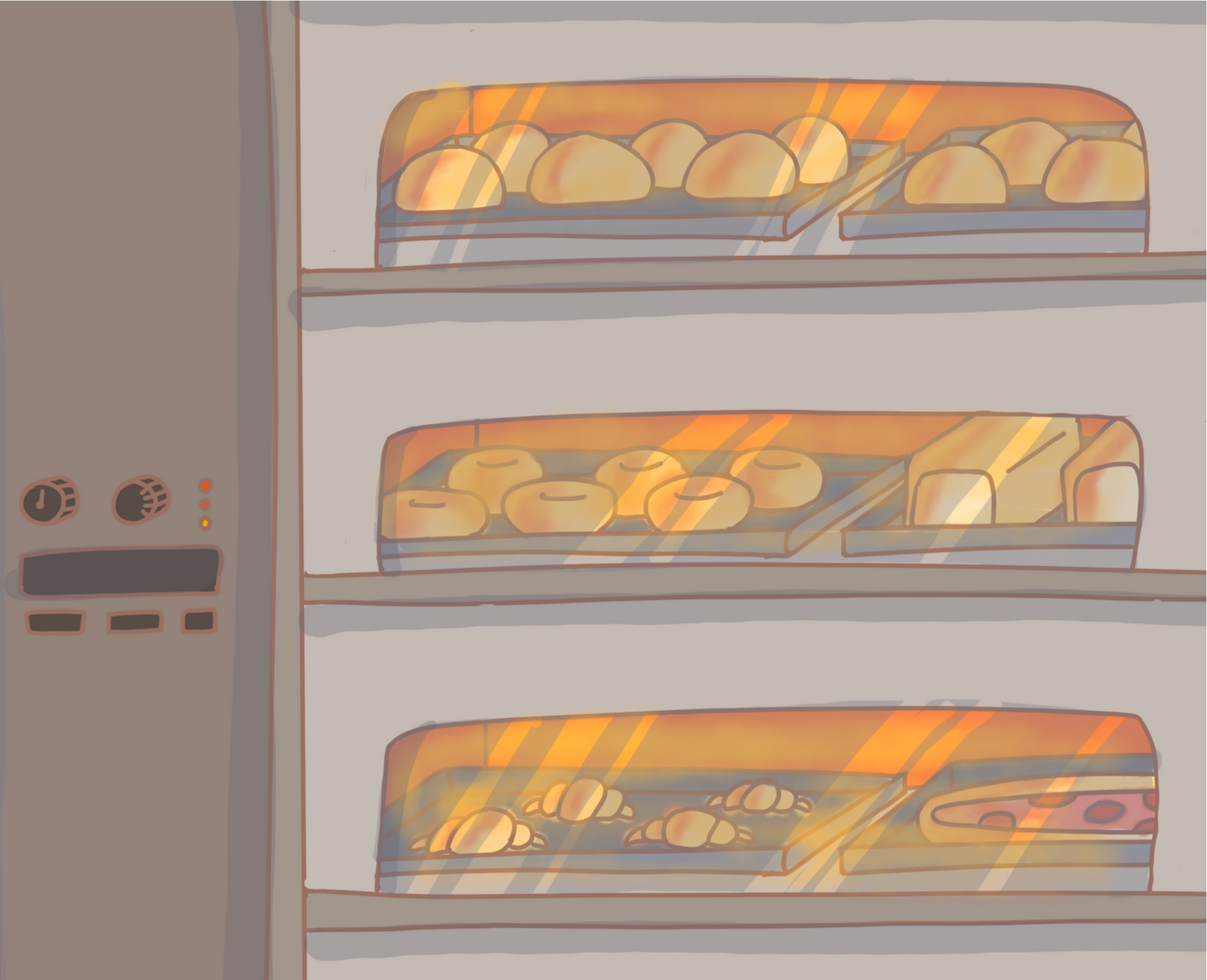


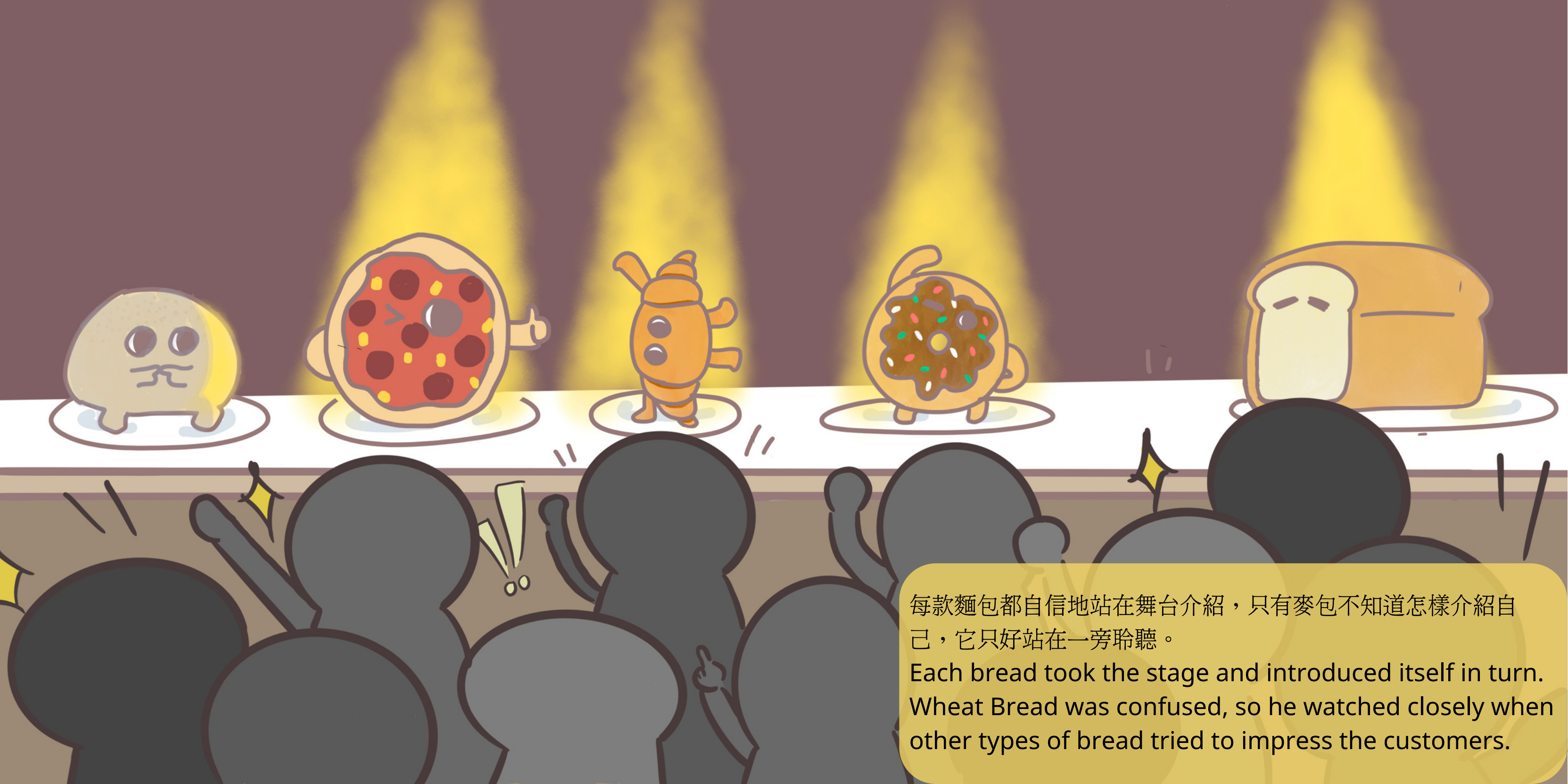


這間麵包店每天出售的麵包都是麵包師手工製作的。
Once upon a time, there was a bakery where all bread
sold each morning was handmade by the baker.

麵包剛剛搓好，放入烤箱便可以了!


Look! A bread was just freshly made and being baked through the oven!



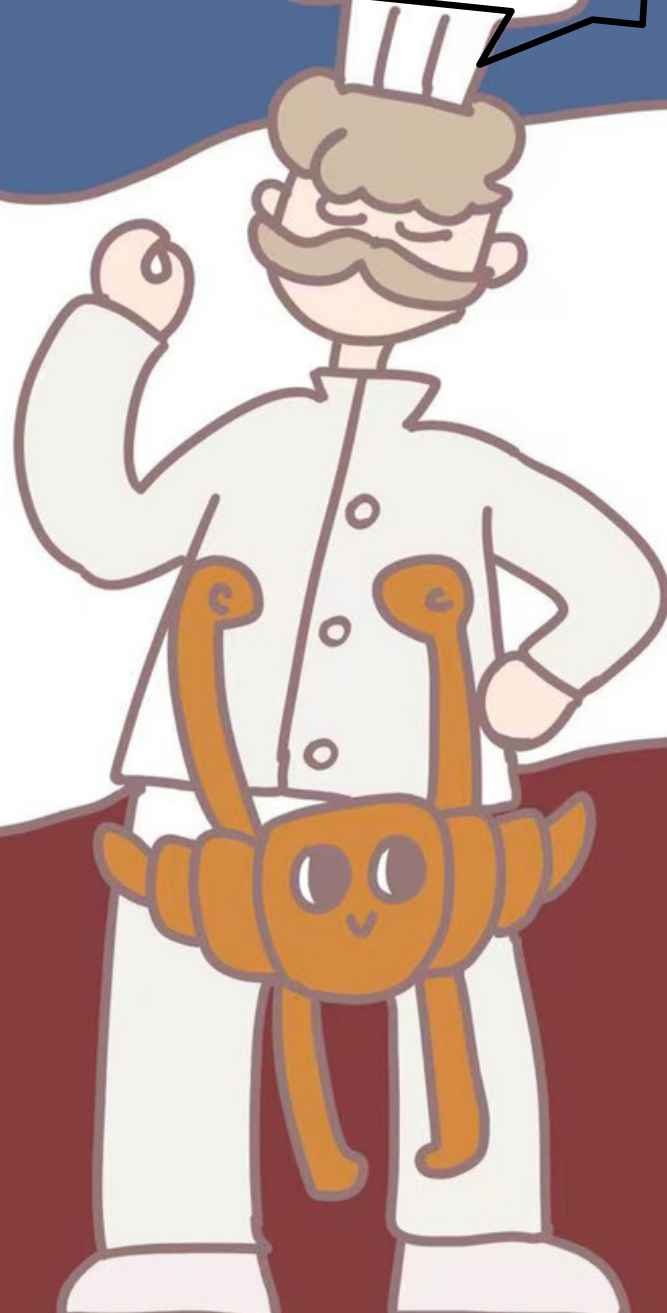


每款麵包都自信地站在舞台介紹，只有麥包不知道怎樣介紹自己，它只好站在一旁聆聽。


Each bread took the stage and introduced itself in turn. Wheat Bread was confused, so he watched closely when other types of bread tried to impress the customers.




我是一個色彩繽紛的甜甜圈！
I am a colourful, rainbow-like donut!




我是充滿牛油香氣的牛角包，由法國人發明。
I am a croissant! Invented by the French, smells like butter!




我是一塊披薩麵包，上面有切片香腸和玉米粒！
I am a pizza bread with sliced sausages and corn kernels!



甜甜圈充滿色彩，牛角包來自法國，披薩上面有芝士等多種材料，那我有甚麼特點呢？
Donut is colourful, Croissant comes from French, Pizza is topped with cheese and many other ingredients, so what are my characteristics?



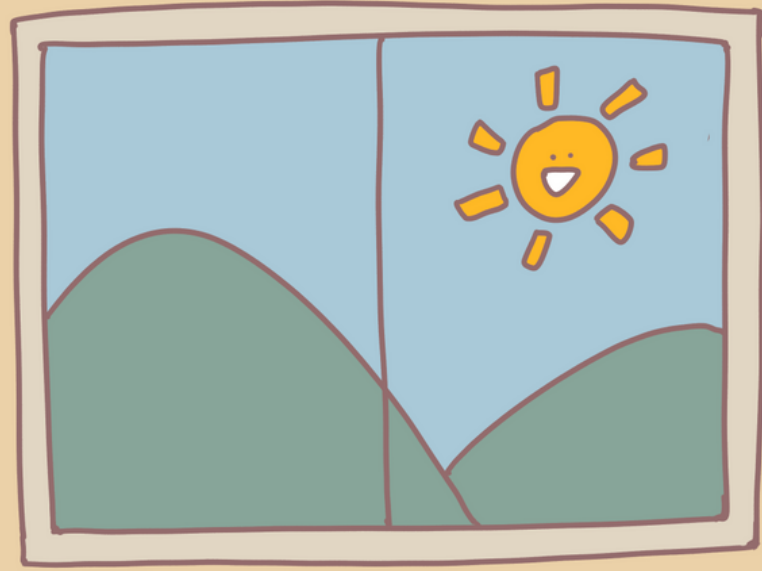
我是一塊黑麥麵包，上面放著葡萄乾和芝麻，可以做成三明治，各國通用！
I am a brown wheat bread with raisins and sesame on top that can be made into sandwiches, common among all countries!



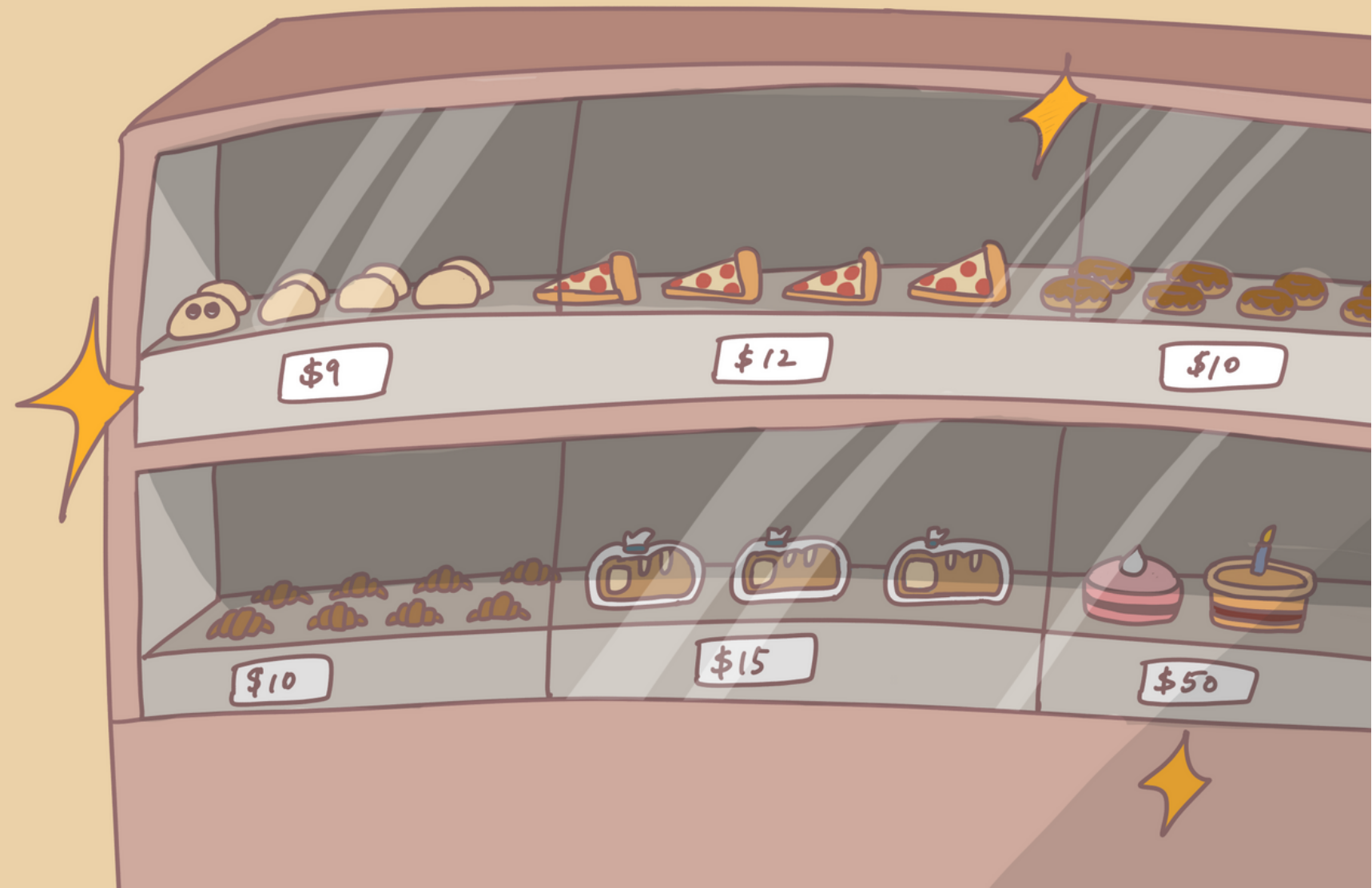
最後，麥包鼓起了勇氣，讓顧客認識了自己，麥包大聲說道，希望有人注意到他。
Finally, Wheat Bread had worked up his nerves to make himself known to the customers. Wheat Bread said loudly, hoping someone would notice him.

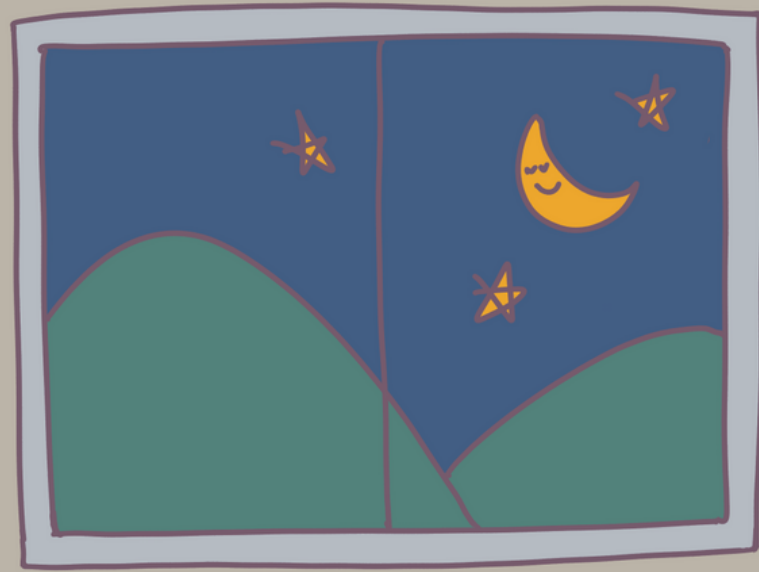


當麥包介紹完，場上變得安靜，有些顧客都走了...
But some customers were gone by now...

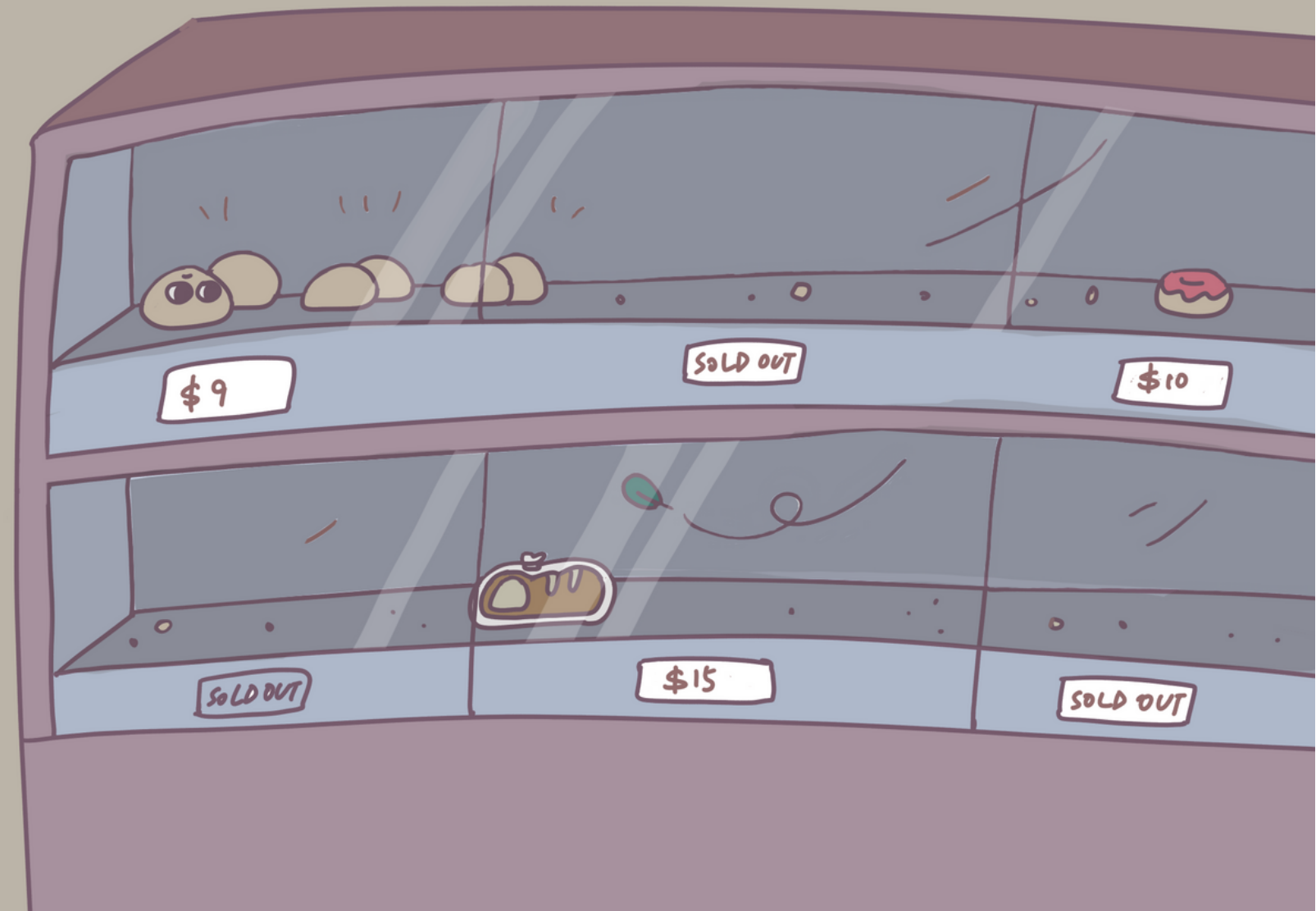


早上開店，所有麵包也置放整齊，用最好的姿態示人。
When the store opened in the morning, all the breads were neatly placed and presented in the best appearance.

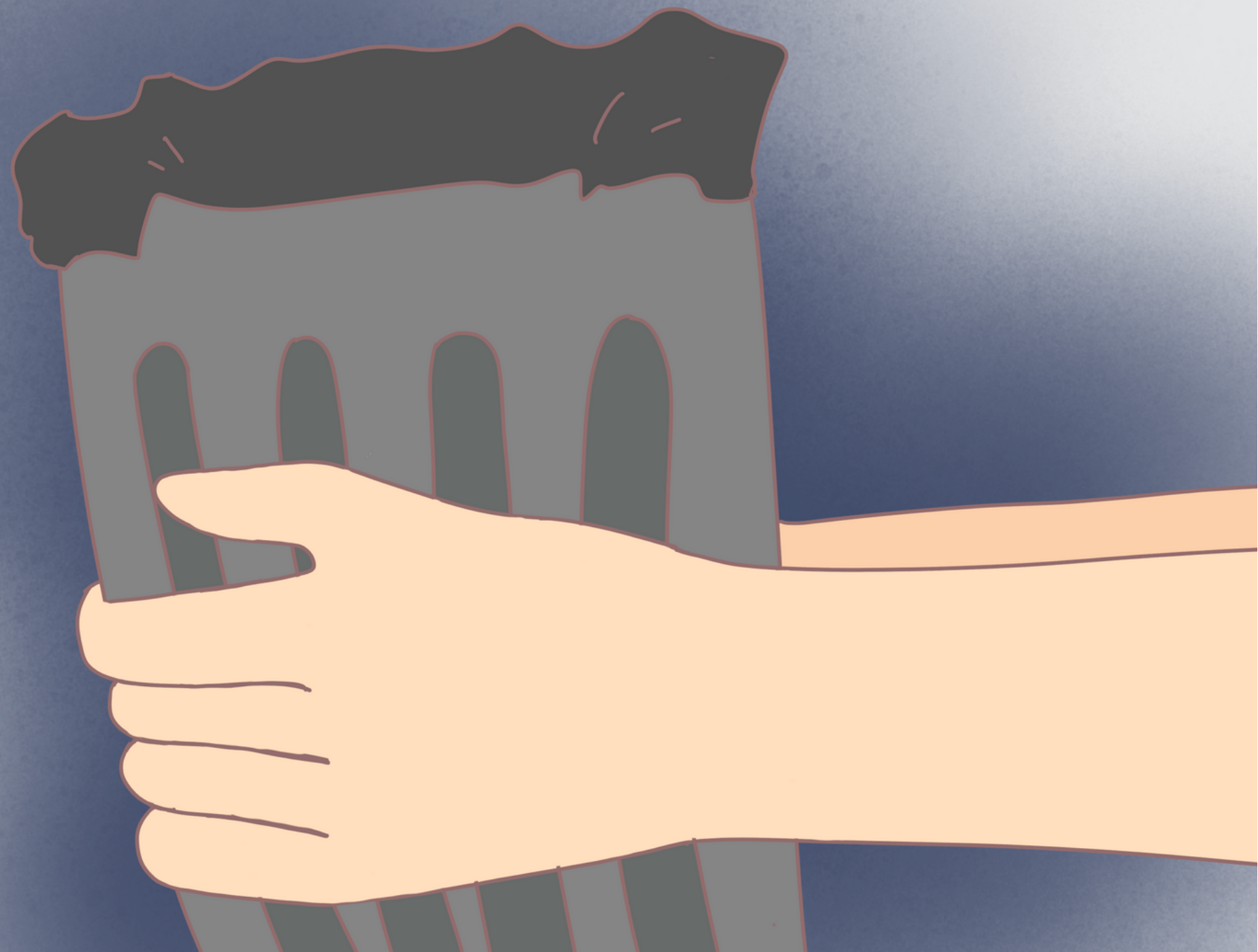
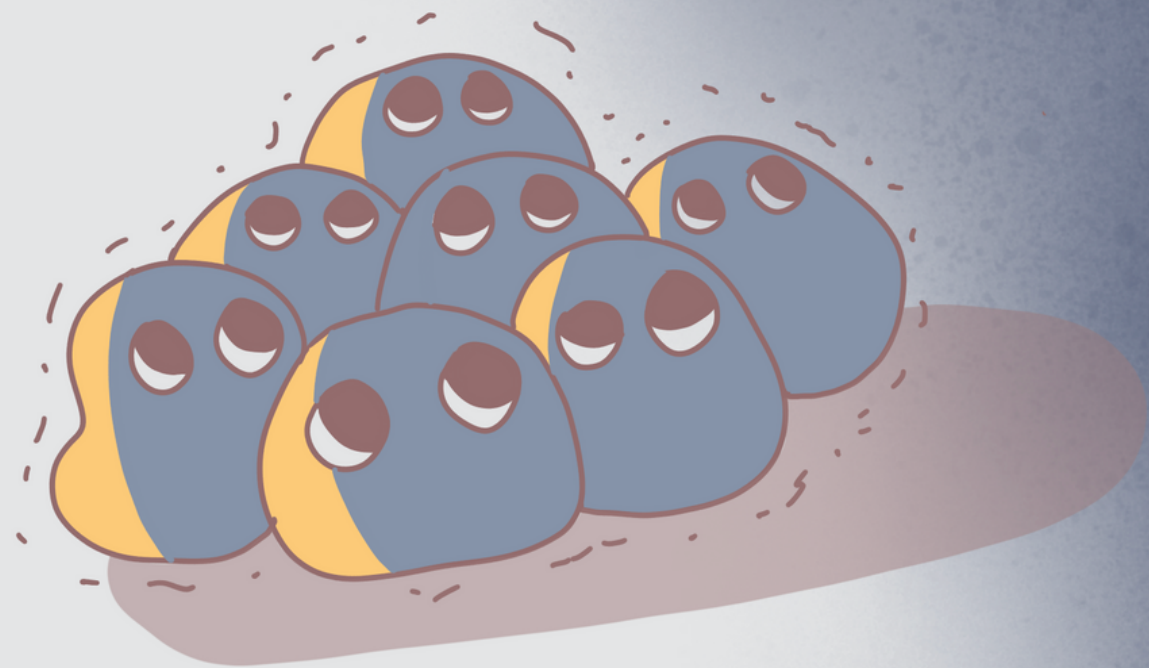


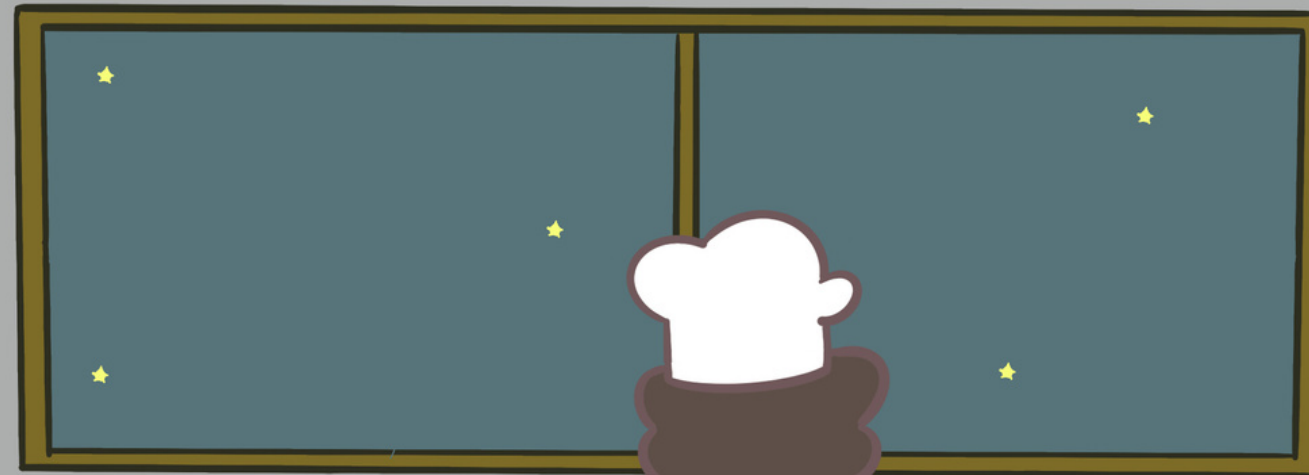
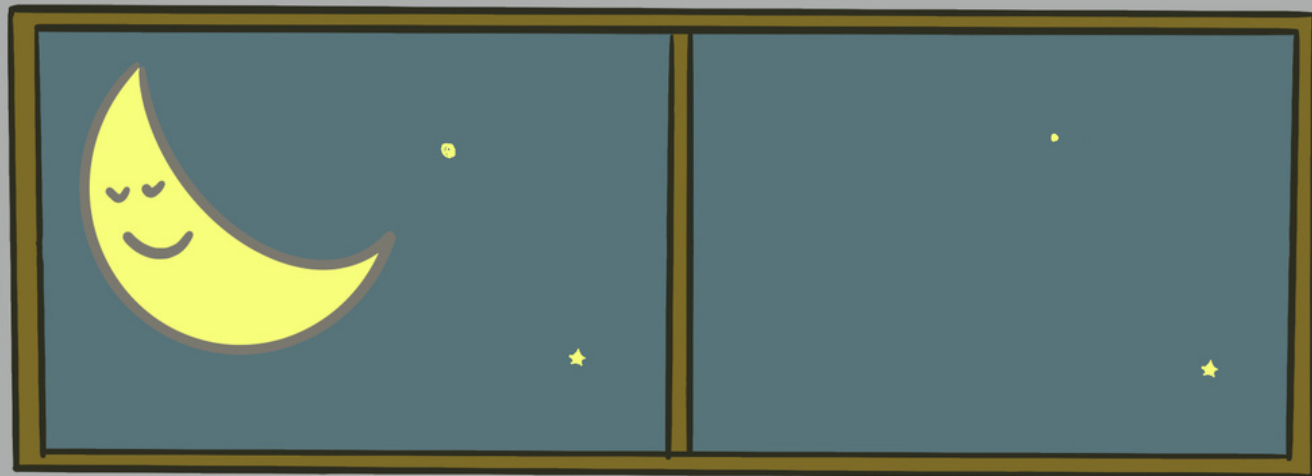


晚上關門時，只剩下大量的麥包、一個甜甜圈和一個方包。
When it closed in the evening, only a large number of wheat bread, a donut and a bun were left.



突然，一雙手靠近了麥包，麥包有點緊張，
說：「嘩！這是垃圾筒嗎？難道我真的是一件垃圾？」
Suddenly, a giant hand was approaching Wheat
Bread. “Oh!” Wheat Bread exclaimed. “It seems
like garbage can! Am I really a garbage?”



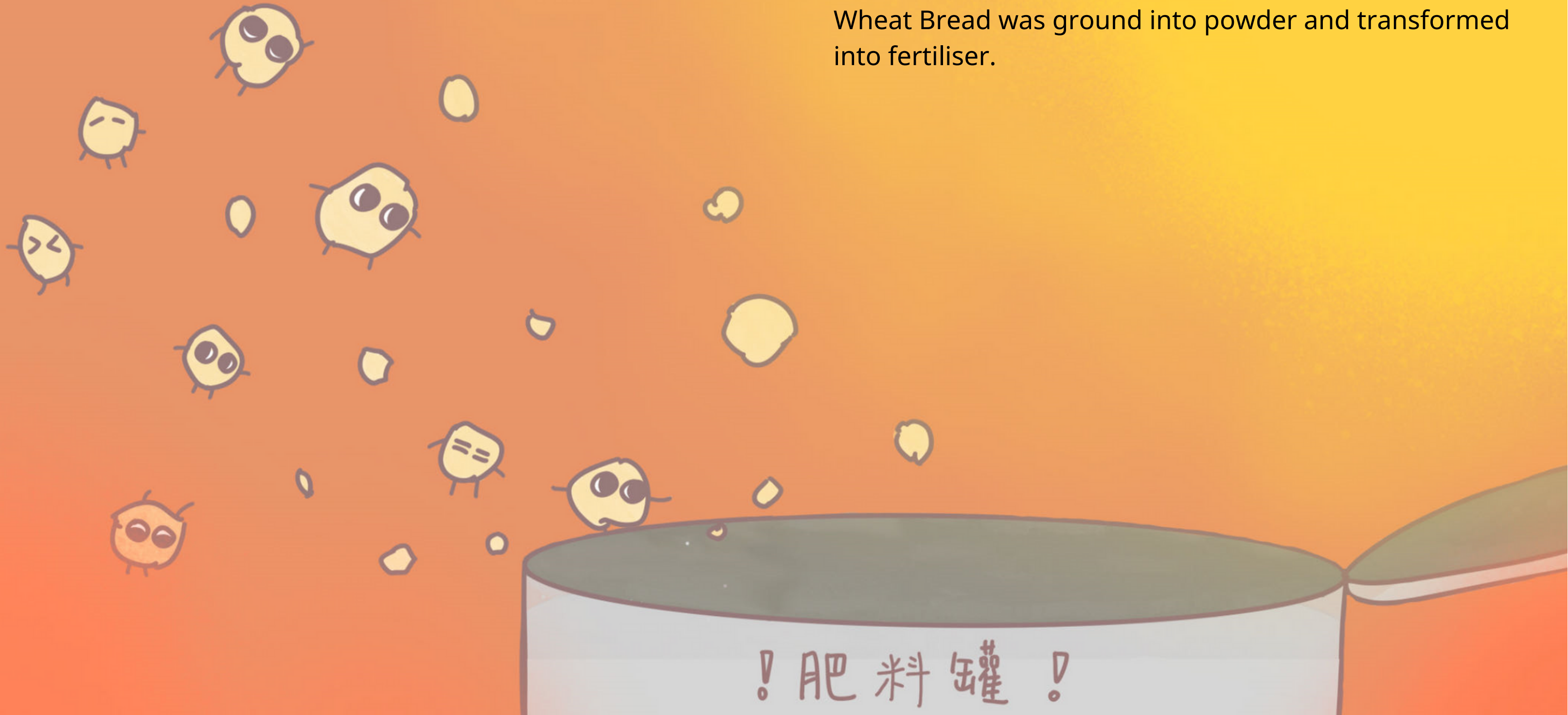


原來，麵包師將麥包放在廚餘機內，讓它轉化。

It turned out that the baker put Wheat Bread in a food waste machine and let it transform.

麥包磨成粉沫，轉化成肥料。

Wheat Bread was ground into powder and transformed into fertiliser.



農夫把肥料和種子倒在泥土上，會有甚麼事發生呢？

The farmer who had picked up Wheat Bread spread his bits across the green field. What would happen?



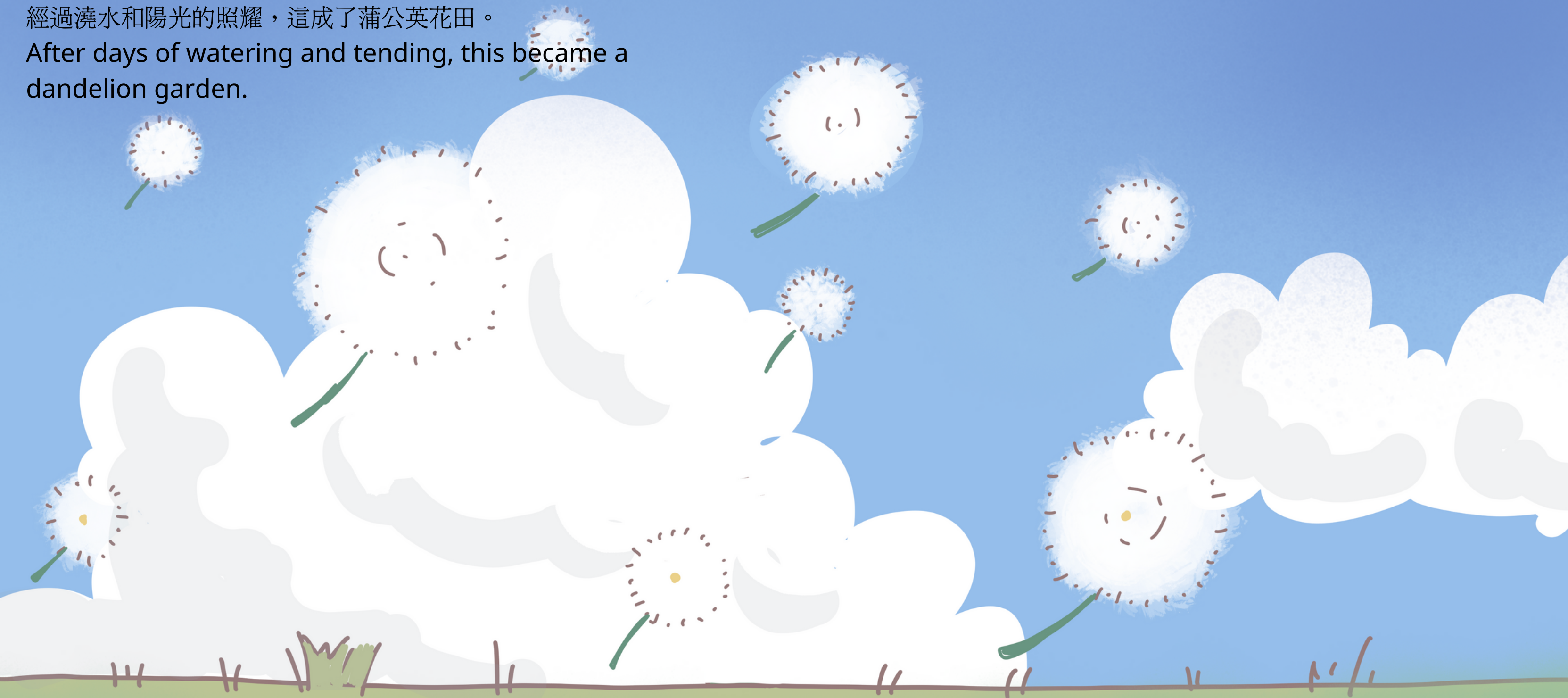
你看！麥包不只是麵包，還可以用作肥料。

Look! It turned out that Wheat Bread could be a great option when it's about choosing fertilisers!



經過澆水和陽光的照耀，這成了蒲公英花田。

After days of watering and tending, this became a dandelion garden.



各位讀者：

不知你可曾像故事中主角麥包般，對自己的生活有時會抱有懷疑，有時又會抱有盼望，甚至對將來有點迷惘，即使自己再努力觀察、嘗試學習，也得不到想要的結果，就如麥包渴望被顧客購買，但卻變成垃圾。可是，麥包從未想過自己可以轉化成有價值的東西—肥料，最後還促成了那塊蒲公英花田。

人在成長過程中總會遇到各種的困難，人生絕對不會是正反對立，只有正面，而沒有失敗和負面的經驗；相反，人生當中總會出現成功、失敗、歡笑、悲傷.....，這些生命起伏都是正常不過的事，失敗並不可怕，可怕的是我們對失敗的回應—把焦點放在失敗的地方，而忽略了自己值得欣賞的部份和身邊美好的事物。

每個人都潛藏了很多性格強項（如右圖），當我們遇到困難挑戰的時候，可以運用自身的性格強項和所累積的正向經驗，以應對負面情緒或經歷。因此，即使遭遇逆境，我們仍能抱持積極的信念和盼望來面對生活。



此圖為美國克里斯多夫·彼得森(Christopher Peterson)及「現代正向心理學之父」馬丁·塞利格曼 (Martin Seligman) 在2004年歸納出兒童應有的六種美德:智慧、勇氣、仁愛、正義、靈性及超越，和自律，並再延伸出來可量化的品格24強項，稱為品格強項(Character Strength)。

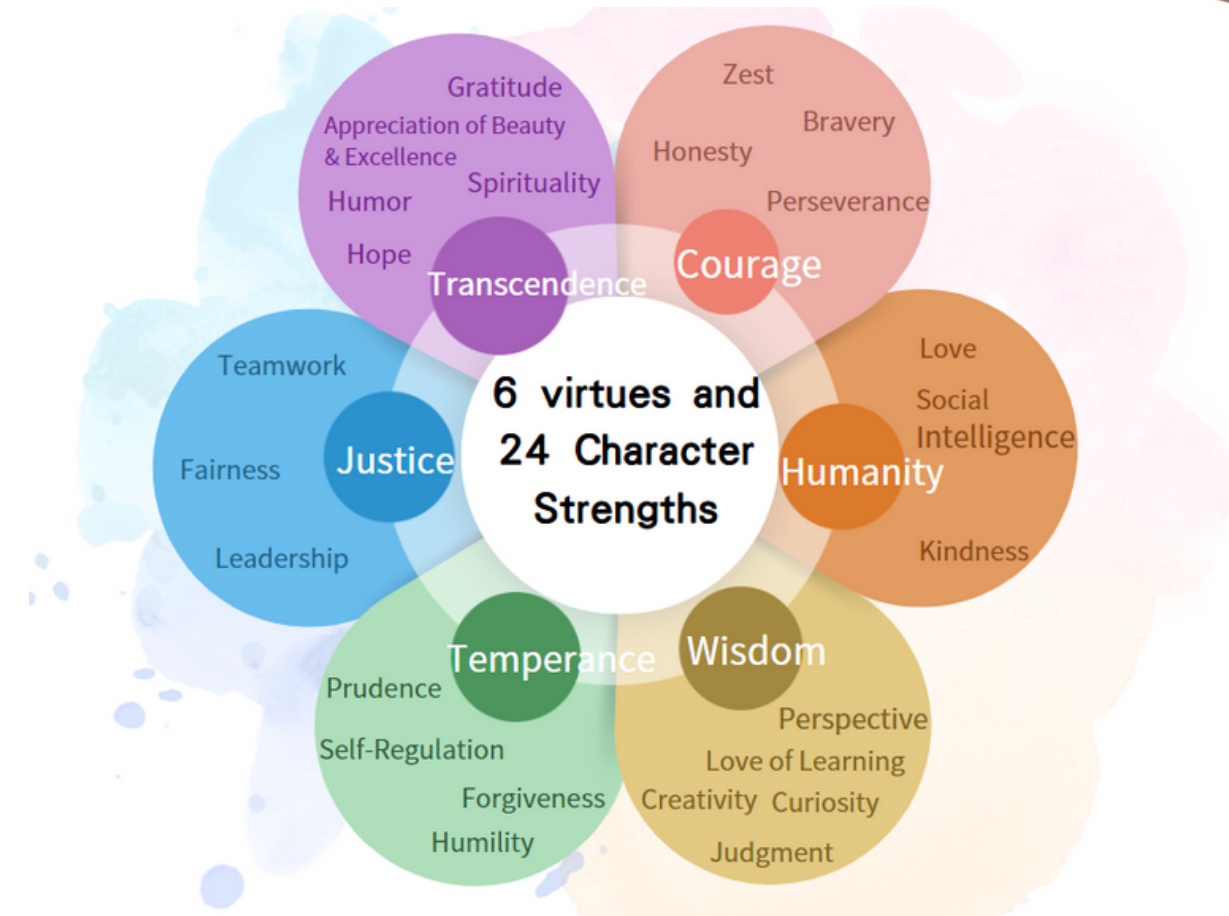


Dear readers:

I wonder if you have ever been like the main character Wheat Bread in the story. Sometimes you have doubts about your life, sometimes you have hope, and you are even a little confused about the future. No matter how hard you observe and try to learn, you can't get what you want. The result is like the Wheat Bread that is eager to be bought by customers, but turns into garbage. However, Wheat Bread never thought that he could be transformed into something valuable - fertiliser, and finally contributed to the dandelion field.

People always encounter various difficulties in the process of growing up. Life will never be a contradiction between positive and negative, only positive, without failure and negative experiences. On the contrary, there will always be success, failure, laughter and sadness....., these ups and downs in life are normal. Failure is not terrible. What is terrifying is our response to failure - focusing on the failure, while ignoring the parts of ourselves that are worthy of appreciation and the beautiful things around us.

Everyone has many hidden strengths in our characters (as shown in the picture on the right). When we encounter difficulties and challenges, we can use our own character strengths and accumulated positive experiences to deal with negative emotions or experiences. Therefore, even if we encounter adversity, we can still live with positive faith and hope.



Dr. Christopher Peterson and Dr. Martin Seligman, the father of positive psychology, summarized six virtues children should possess in 2004: Wisdom, Courage, Humanity, Justice, Transcendence, and Temperance, and extended to 24 quantifiable character strengths. (Peterson & Seligman, 2004)



聯絡方式及資訊
Contact and information

鮑思高青年服務網絡 Bosco Youth Service Network
地址/Address：澳門安仿西街89號地下
Rua De Francisco Antonio 89 R/C, Macau.
電話/Tel：2893 8229/2893 9146
傳真/Fax：2893 9866
電郵/Email：macaubys@bys.org.mo
網頁/Website：www.bys.org.mo



如對繪本內容有疑問，歡迎聯絡我們。
If you have any questions about the picture book,
please contact us.

我不只是麥包

作者：馬雯汐、麥嘉倩、梁詠儀
譯者：馬雯汐、梁詠儀
美術編輯：王睿琳、梁嘉悅
校對：莫子恩、梁芷茵
版權：鮑思高青年服務網絡
出版：鮑思高青年服務網絡
印刷公司：小城S一人有限公司
出版日期：2023年11月（初版一刷）
印刷日期：2023年11月

ISBN 978-99937-762-9-1

I'M NOT JUST A WHEAT BREAD

By Da Silva Paiva Noélia Fátima, Leong Ka Ut, Leong Weng I, Ma Man Chek, Wong Iol lam
Copyright ©2023 Bosco Youth Service Network
All rights reserved.

聯絡方式及資訊
Contact and information

鮑思高青年服務網絡 Bosco Youth Service Network
地址/Address：澳門安仿西街89號地下
Rua De Francisco Antonio 89 R/C, Macau.
電話/Tel：2893 8229/2893 9146
傳真/Fax：2893 9866
電郵/Email：macaubys@bys.org.mo
網頁/Website：www.bys.org.mo



如對繪本內容有疑問，歡迎聯絡我們。
If you have any questions about the picture book,
please contact us.

我不只是麥包

作者：馬雯汐、麥嘉倩、梁詠儀
譯者：馬雯汐、梁詠儀
美術編輯：王睿琳、梁嘉悅
校對：莫子恩、梁芷茵
版權：鮑思高青年服務網絡
出版：鮑思高青年服務網絡
印刷公司：小城S一人有限公司
出版日期：2023年11月（初版一刷）
印刷日期：2023年11月

ISBN 978-99981-200-0-6

I'M NOT JUST A WHEAT BREAD

By Da Silva Paiva Noélia Fátima, Leong Ka Ut, Leong Weng I, Ma Man Chek, Wong Iol lam
Copyright ©2023 Bosco Youth Service Network
All rights reserved.

