

Vaccination Q&A for Children

Who should get vaccinated?

The CDC currently recommends everyone ages 6 months and older to get vaccinated against COVID-19. Additionally, everyone 5 years and older should also get the booster shot, if eligible.

Should my child get vaccinated even if they already had COVID-19?

Yes- evidence indicates that people can get added protection by getting vaccinated even after having the virus. The next dose can be delayed 3 months from when symptoms started.

Can my child get the flu vaccine and COVID vaccine at the same time?

Children and teens may get a COVID-19 vaccine and other vaccines, including a flu vaccine, at the same time.

儿童疫苗接种问答

谁应该接种疫苗?

CDC 目前建议所有 6 个月及以上的儿童接种 COVID-19 疫苗。如果符合条件, 每个 5 岁及以上的人也应接种加强针。

我的孩子已经感染过 COVID-19 了, 他们是否应该接种疫苗?

是的——有证据表明, 在感染了病毒后, 可以通过接种疫苗依然可以加强免疫。从症状开始 3 个月后可以接种下一针。

我的孩子可以同时接种流感疫苗和 COVID 疫苗吗?

儿童和青少年可以同时接种 COVID-19 疫苗和其他疫苗, 包括流感疫苗。

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 红薯叶菜

Vegetable Spotlight: Sweet Potato Greens

红薯叶菜 Sweet Potato Greens

季节: 7月至8月

Season: July-August

富含叶黄素和玉米黄质, 有助于预防白内障和眼睛损伤

High in lutein and zeaxanthin which can help prevent cataracts and eye damage

含有大量维生素K, 有助于调节血压并降低心脏病发作的风险

Contains lots of Vitamin K which may help regulate blood pressure and reduce the risk of heart attacks



富含维生素B、β-胡萝卜素、铁、钙、锌和蛋白质

Rich in vitamin B, beta carotene, iron, calcium, zinc and protein

抗氧化剂含量高, 有助于预防或延缓对体内细胞的损害

High in antioxidants, which can help prevent or delay damage to cells in the body

每 100 克

41 卡路里 2.2g 蛋白质
0.3g 脂肪 1.9g 纤维
7g 碳水化合物, 5g 总糖

PER 100 GRAMS:

41 calories 2.2g protein
0.3g fat 1.9g fiber
7g carb, 5g total sugars

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萝卜米线 (2人份)

Sweet Potato Greens Soup

食材

(serves 2)

- 2杯水
- 2汤匙韩国豆瓣酱
- ½包老豆腐，切丁
- ½个洋葱，切丁
- 1个土豆，切丁
- 1茶匙红辣椒片
- 1个蒜瓣，切碎
- 2个洋葱，切碎
- ½束红薯叶，切碎

INGREDIENTS

- 2 cups water
- 2 tbsp Korean soybean paste (doenjang)
- ½ pack firm tofu, cubed
- ½ onion, diced
- 1 potato, diced
- 1 tsp red chili flakes
- 1 garlic clove, minced
- 2 green onions, chopped
- ½ bunch sweet potato leaves, chopped

做法步骤

- 1.在锅中，将2杯水烧开。加入豆瓣酱、洋葱、土豆和辣椒片，搅拌均匀。煮沸并煮至土豆变软。
- 2.加入豆腐、大蒜和红薯叶，煮约2分钟。撒上葱，尽情享受吧！

INSTRUCTIONS

1. In a pot, bring 2 cups of water to a boil. Add soybean paste, onion, potato, and chili flakes and mix well. Bring to a boil and cook until potatoes are tender.
2. Add tofu, garlic, and sweet potato leaves and cook for ~2 minutes. Top with green onions and enjoy!



厨师小建议

煮红薯青菜时，叶子中的营养成分会留在煮沸的水里。这个水可以留作微苦的汤汁或者当作健康饮料饮用。

CHEF'S TIP

If boiling sweet potato greens, save the cooking water to use as a slightly bitter broth or as a health drink—the water will contain nutrients from the leaves!