



**Education Bureau
Curriculum Support Division
Technology Education Section**

Technology Education Key Learning Area

As one of the elective subjects at the senior secondary level, Technology and Living (TL) provides a progression of challenging experiences for students who wish to build on their knowledge base through in-depth study of the learning elements and concepts relating to food or clothing. Students have the option of selecting either Food Science and Technology strand or Fashion, Clothing and Textiles strand as their area of study.



Enquiry: teched@edb.gov.hk

Visit to Chinese Culinary Institute, International Culinary Institute, Hotel and Tourism Institute



Speaker: Dr. LAU Wing Tong, Tommy, Vice Principal of Hotel and Tourism Institute, Chinese Culinary Institute, International Culinary Institute of Vocational Training Council

An uplifting student experience sharing session

The visit to Chinese Culinary Institute (CCI), International Culinary Institute (ICI), Hotel and Tourism Institute (HTI) held on 12 July 2024 at the Vocational Training Council (VTC) Pokfulam Complex, showcased a collaboration between the Education Bureau (EDB) and VTC. Teachers who attended the visit thought it was eye-opening and enlightening, and they received it well.



Sky Lounge



Chinese Culinary Institute



Feast prepared by students of Chinese Culinary Institute



Chinese Spices and Herbs Learning Room



The historical origin of the Manchu-Han Imperial Feast and Nuptial Dinner of Qing Dynasty

Training Restaurant (Chinese)



Training Restaurant (Western)

The visit included an informative presentation on the articulation pathways for further studies in HTI, CCI and ICI, career opportunities in the food and beverage industry, then followed by an uplifting student experience sharing session with positive messages and a stimulating campus tour. The campus tour to CCI could help enhance teacher participants' knowledge on Chinese food and beverage culture. By incorporating Chinese food and beverage culture and related learning aspects in the TL curriculum, teachers can subsequently help nurture a sense of nationhood and national identity among students.

Chinese Food Culture Week and Student Culinary Competition



The Chinese Food Culture Week and Student Culinary Competition is a crucial activity of “Love Our Home, Treasure Our Country” - Joint School National Education events, collaboratively organised by Hong Kong Direct Subsidy Scheme Schools Council and Jockey Club Government Secondary School, with the support of Arts and Technology Education Centre. This competition endeavours to empower students with an understanding of the essence of food culture across different regions of China, including its rich history and cultural connotation, through a series of activities held during the Chinese Food Culture Week, thereby fostering students’ interest and proficiency in studying Chinese culture.

The final culinary competition was held on 23 March 2024 at the Chinese Culinary Institute in Pokfulam, with Cantonese cuisine ‘Chicken’ as the theme. Teams comprising 2 to 3 student contestants were tasked with designing and preparing a traditional yet creative Cantonese dish to highlight the cultural significance or characteristics of Cantonese cuisine, utilising designated ingredients, for the judges to taste and comment.

RTHK programme
“Love Our Home,
Treasure Our Country”



<https://www.rthk.hk/tv/dtt31/programme/lohtoc2/episode/949496>



Name of School: Hotung Secondary School

Name of Students: Esme LEUNG Sun-yin, MOK Hiu-lam, Hayley WONG Yin-hei

Entry: Crispy Lychee Chicken Balls

We were thrilled to represent our school in this culinary competition and win the championship with our dish, "Crispy Lychee Chicken Balls". Inspired by the renowned Cantonese delicacy "Lychee Shrimp Balls", we substituted chicken for shrimp to create a traditional yet creative Cantonese dish as required by the competition. We used different food preparation skills such as stuffing lychee pulp into chicken balls, thus enhancing the sweetness and tenderness of the dish. To elevate the taste experience, we coated the chicken balls in a layer of red crispy crumbs, achieving a perfect balance of crunch on the outside and tender inside. The visual appeal of the dish was equally captivating, resembling lychees with vibrant hues that exuded a sense of prosperity and good fortune in Chinese culture. Last but not least, we applied the concept of Chinese calligraphy and painting on the plating of the dish, infusing the dish with a unique and appealing Chinese vibe. This endeavour not only challenged our culinary skills but also tested our resilience and adaptability, as we had persevered through numerous attempts and iterations and collaborated to overcome various hurdles before our collective efforts eventually earned the desired result.



Award Winner (Gold): "Crispy Lychee Chicken Balls"



Esme LEUNG Sun-yin, MOK Hiu-lam and Hayley WONG Yin-hei from class 5D win the championship at the "Chinese Food Culture Week and Student Culinary Competition" of "Love Our Home, Treasure Our Country" in the 2023/24 school year



Students collaborate in designing and making a Cantonese dish with eye-catching colours and a feeling of Chinese auspiciousness



Applying the concept of Chinese calligraphy and painting to the plating, making the dish more unique and appealing with a Chinese vibe



Students present their design and make concept to the judges while the the judges do the food tasting



As students studying the elective subject - Technology and Living (Food Science and Technology), we have an abundance of opportunities to delve into different cooking methods, knowledge on different nutritional issues, food science and technology, as well as food product development in classes. This has immensely bolstered our confidence in demonstrating our food preparation skills and creativity in the competition, ultimately contributing great help to us in winning the competition. The experience of participating in this culinary competition has been an invaluable lesson in team building, fostering a deeper appreciation for each other's strengths and a sense of collaboration. We are deeply grateful to our teachers and the principal for their guidance and support.

Studying Technology and Living (Food Science and Technology) in the Hong Kong Diploma of Secondary Education has been an important experience for us, imbuing us with a profound sense of inspiration and laying a robust foundation in the area of food science and technology. Looking ahead, we are committed to maintaining our dedication to learning and relentlessly pushing ourselves to new heights.



A group photo of the finalists with guests and judges

Name of School: Homantin Government Secondary School

Name of Students: CHEN Hiu-lam, TSE Wing-sze

Entry: The Shadow of Dancing “Lanterns”

(i) Concept of the Entry

Chinese people traditionally adorn their surroundings with red lanterns during the Chinese New Year and the Lantern Festival to create a vibrant and celebratory ambiance. Drawing inspiration from this rich cultural tradition, we designed a main dish in the shape of a lantern, embodying the symbolism of auspicious reunions. Our choice was further motivated by the poetic line “while fish and dragon lanterns dance all night” from Xin Qiji’s *The Green Jade Pedestal: The Lantern Fairs*, which evocatively depicts the festivity and bustle of the brightly-lit night market on the Lantern Festival. Thus, we named this dish “The Shadow of ‘Dancing Lanterns’”, capturing the essence of that festive scene. We hope that “The Shadow of Dancing ‘Lanterns’” could become a cherished addition to family reunion dinners for different festivals, serving as a metaphorical beacon of brightness, peace, and joy, nourishing the spirit as well as the palate.

This main dish, a creative spin on the classic Braised Eggplant with Shredded Pork, showcases a harmonious blend of minced chicken and pork, enlivened by the crispness of water chestnuts, all stuffed into the lantern-shaped eggplants. As the last step before completion, a sumptuous brownish-red sauce is poured over it, transforming the semi-three-dimensional lanterns into a vibrant and enticing sight, ready to tempt the palate. The meticulous mixing and seasoning of pork, chicken, and water chestnuts embody the profound concept of “zhong he” (balanced harmony) within traditional Chinese cuisine. Here, “zhong” (balanced) signifies a harmonious equilibrium, as exemplified by the careful balancing of the five fundamental tastes—sweet, sour, bitter, spicy hot, and salty—in each dish. Meanwhile, “he” (harmony) underscores the Chinese philosophy of unity in diversity. With each bite, the varied flavours of the filling melt together seamlessly in the mouth, orchestrating a harmonious dance on the taste buds and eventually leaving a lingering fragrance.



Award Winner (Silver): “The Shadow of ‘Dancing Lanterns’”



(ii) The Application of Knowledge Acquired from Home Economics / Technology and Living

Home Economics, a subject in the junior secondary curriculum at Homantin Government Secondary School, provides us with an introduction to different basic sewing and food preparation skills. The subject serves as a window into the rich food culture of China, where the art of combining ingredients and mastering cooking skills is paramount. During Home Economics lessons, we have the opportunity to delve into traditional Chinese culinary wisdom. For instance, we can learn to make the beloved “Chinese Doughnuts”, a festive snack commonly savoured during Chinese New Year, symbolising perpetual joy, good luck, and prosperity. Beyond mastering the nuances of deep frying, we gain insights into the symbolic significance of the festive food and the customs of the festival, thereby fostering a deeper appreciation for Chinese culture. Home Economics lessons are not merely fun but also immensely practical. By applying the cooking skills and knowledge of selecting ingredients acquired in class, we can enhance the quality of our daily lives by elevating the quality and pleasure derived from our culinary endeavours.



Traditional Chinese New Year snack “Chinese Doughnuts” made in Home Economics class

(iii) Afterthought

As the ancient Chinese proverb aptly states, “Food is the paramount necessity of the people”, the Chinese food culture is vast and profound. In this “Love Our Home, Treasure Our Country” culinary competition, the theme was Cantonese cuisine. Our team worked together and made this dish named “The Shadow of Dancing ‘Lanterns’”, which earned us the prestigious silver medal in the competition — a triumph that continues to inspire us. In this competition, we not only honed our Cantonese cooking skills but were also amazed by the cutting-edge kitchen equipment we saw and delved into the nuances of seasoning and spice profiles across various cuisines during the visit to the Chinese Culinary Institute. Under the guidance of our teachers throughout the competition, we persevered through repeated practice and experimentation. From cooking to tasting, we learned invaluable lessons and were deeply impressed. This experience has ignited within us the desire to delve deeper into the art of Chinese cooking and to become custodians of our rich food culture, ensuring its legacy endures for generations to come.



During the visit to the Chinese Culinary Institute for this competition, students were amazed by the cutting-edge kitchen equipment

Name of School: Jockey Club Government Secondary School

Name of Students: TSUI Ho-chuen, HU Yu-hang

Entry: A Blade of Grass to Repay the Spring Brightness



Participating in the “Chinese Food Culture Week and Student Culinary Competition” was an experience etched in our memories. With our creative dish, “A Blade of Grass to Repay the Spring Brightness”, we brought together the essence of Cantonese cuisine with contemporary food preparation techniques and a fresh perspective. Drawing inspiration from the profound Chinese virtue of filial piety, we prepared the dish as a token of respect and gratitude towards our elders. The dish, meticulously designed, boasts a harmonious blend of flavours and an exquisite, alluring presentation. Our efforts were duly rewarded with the bronze award, a testament to our dedication and a source of immense encouragement.



Students can accurately control the level and duration of heat and master certain cooking techniques



The delicate plating adds a finishing touch to the work

As we prepared for the competition, we integrated the knowledge acquired from the “Technology and Living” curriculum, applying it meticulously in ingredient selection, ensuring balanced nutrition, and enhancing the presentation of our final dish. This showcased our comprehensive understanding of food science and the seamless integration of knowledge from other related disciplines. Furthermore, we honed our skills in utilising modern technology and sophisticated professional kitchen equipment, enabling us to precisely control crucial cooking aspects such as timing and temperature.



The competition served as a formidable platform, not only to showcase and refine our food preparation skills but also to embark on a transformative learning journey. Engaging in productive exchanges with participants coming from different schools fostered friendships and sparked fresh ideas that enriched our perspectives. This endeavour ignited a deeper passion within us for the rich heritage of Chinese food culture and underscored the significance of continuous learning and the synergy of teamwork. These invaluable experiences will undoubtedly serve as a cornerstone for our growth in the years to come.



Award Winner (Bronze): "A Blade of Grass to Repay the Spring Brightness"



A group photo of TSUI Ho-chuen in S3 (left) and HU Yu-hang in S4 (right) with Mr LEUNG Wai-nam, the Chairman of the Judging Panel

Name of School: Shau Kei Wan East Government Secondary School

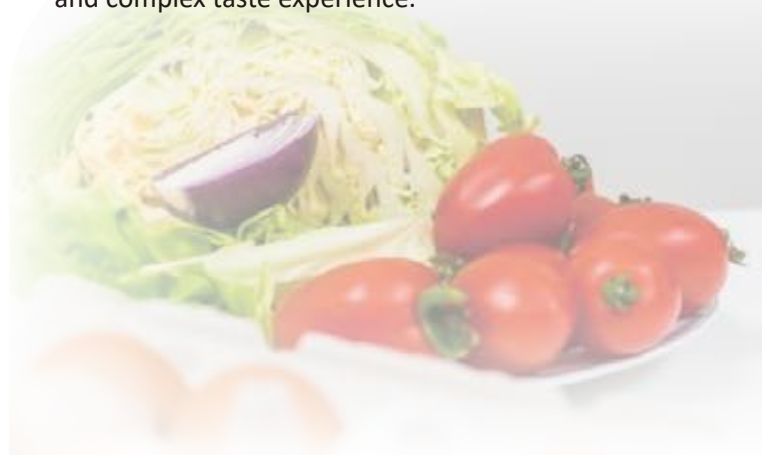
Name of Students: KO Yui, WONG Hoi-man

Entry: Fortune Rolls of Chicken Skin with Shrimp Paste



We participated in the “Chinese Food Culture Week and Student Culinary Competition” with our original creation, “Fortune Rolls of Chicken Skin with Shrimp Paste”, a delightful twist on the classic “Steamed Chicken Skin with Shrimp Paste”. Aligning with the theme of the competition on Cantonese cuisine, known for its emphasis on delicate flavours and freshness, we meticulously prepared our dish using chicken and fresh shrimp as the main ingredients, complemented by an array of vibrant and fresh vegetables. The freshness of these meticulously selected components elevated the taste of the dish to new heights, leaving a lingering, satisfying aftertaste delightful to the palate.

In “Technology and Living”, we acquired the know-how to blend diverse ingredients into flavourful and nutritious dishes, each boasting unique textures and adhering to the principles of balanced nutrition. When preparing the “Fortune Rolls of Chicken Skin with Shrimp Paste”, we meticulously controlled the heat, understanding that every dish’s taste is intricately tied to the heat used. Specifically, for this dish, we used gentle heat to preserve the chicken’s freshness and tenderness. As the dish was about to be done, we raised the heat causing the fat to get out from the chicken, rendering it succulent without excess grease. This technique also ensured that the chicken skin achieved the perfect balance of crispiness on the outside and tenderness within, offering diners a rich and complex taste experience.



Entry: Fortune Rolls of Chicken Skin with Shrimp Paste



KO Yui and WONG Hoi-man in S5 collaborate in designing and making a Cantonese dish with eye-catching colours



“Fortune Rolls of Chicken Skin with Shrimp Paste” using chicken and fresh shrimp as the main ingredients

Our participation in this competition has fostered a profound appreciation for the vast cultural heritage of Chinese cuisine, granting us insight into the historical evolution and intriguing narratives underpinning China’s eight prominent cuisines. We have discovered that each dish harbours a unique meaning or narrative, igniting within us a fervent interest to delve deeper into the realm of traditional Chinese dishes.

During food preparation, we had a profound feeling when we meticulously studied the origins and distinctive qualities of every ingredient. We realised that food is precious. It takes farmers’ relentless labour and daily dedication to nurturing the land in order to produce fresh and tasty ingredients for us to cook and eat. As the ancient Chinese proverb wisely states, “Food is god for the people”. Committed to this wisdom, we vow to cherish every morsel and transform ingredients into dishes that are not only nourishing but also exquisitely flavourful to promote the vibrant, delicious, and artful diversity of Chinese cuisine.



Name of School: Carmel Divine Grace Foundation Secondary School

Name of Students: LI Ching-yan, YIU Tin-yan

Entry: Revolutionised Steamed Glutinous Rice with Chicken

Our fascination with cooking blossomed during the practical sessions in our Home Economics lessons when we were in Secondary 1. Inspired by our enthusiastic engagement, our teacher offered us an exciting opportunity – to participate in a cooking competition for the very first time. This experience not only honed our food preparation skills but also sparked a deeper passion for cooking and unveiled latent talents within us.

In Secondary 2, we embarked on a culinary journey in our Home Economics lesson, where we were tasked with preparing a dish that is often eaten at home while delving into the realms of diet and meal planning. This exercise aimed to let us know more about the nutritional value of food, the selection of ingredients, and various food preparation skills. Through this hands-on experience, we were inspired to unleash our creativity in food preparation skills, fostering a deeper appreciation for our hometown’s heritage. It was during this period that we gained a more profound understanding of Cantonese cuisine.

As we participated in this “Love Our Home, Treasure Our Country - Chinese Food Culture Week and Student Culinary Competition”, our teacher thoughtfully invited a former student, who is currently a chef in a western restaurant, to help us refine and finalise the design of our dish. After repeated experimentation, our concept of “Revolutionised Steamed Glutinous Rice with Chicken” was selected to participate in the final competition. This esteemed opportunity not only allowed us to showcase our food preparation skills but also provided a platform for us to learn, compete, and engage in insightful discussions with other contestants who shared our passion for cooking.

During our preparation, we adhered closely to the essence of Cantonese cuisine – emphasising the original freshness and harmonious fusion of ingredients. Guided by Cantonese cuisine’s hallmarks of light and delicate flavours, we diligently pursued a blend of freshness, clearness, lightness, and unparalleled deliciousness. Drawing

inspiration from the iconic Cantonese dish “Steamed Glutinous Rice with Chicken”, we crafted our creative “Revolutionised Steamed Glutinous Rice with Chicken” with a twist that captured the essence of Cantonese cuisine’s natural, authentic tastes by incorporating the fresh aroma of chicken and the subtle, preserved flavours of dried goods as the main seasoning. Our “Revolutionised Steamed Glutinous Rice with Chicken” involved wrapping glutinous rice and chicken with lotus leaves, then steamed on low heat. In contrast to the traditional “Steamed Glutinous Rice with Chicken”, where glutinous rice coats the chicken, our “Revolutionised Steamed Glutinous Rice with Chicken” features glutinous rice stuffed into chicken, inverting the conventional format. This revolutionary design of stuffing glutinous rice into chicken allowed the dish to retain its enticing aroma during the steaming process, enabling the glutinous rice to absorb the chicken’s freshness and the essence of the filling, thereby enhancing the aroma and flavour of the dish.



A traditional yet creative Cantonese dish “Revolutionised Steamed Glutinous Rice with Chicken” designed and made with the designated ingredient (chicken)

In the traditional preparation of “Steamed Glutinous Rice with Chicken”, the chicken is mixed with other fillings, without close contact with the glutinous rice. Consequently, during steaming, the interaction between these two key components is limited, resulting in a noticeable separation in their flavours. Contrastingly, in our creation of “Revolutionised Steamed Glutinous Rice with Chicken”, we have revolutionised the traditional approach by stuffing the glutinous rice into the chicken. This method ensures that the chicken and glutinous rice come together, fostering a deeper and more harmonious blend of flavours when they are steamed. The addition of other fillings like dried mushrooms, preserved Chinese sausage, and dried shrimp further elevates the flavour of the dish, as the glutinous rice absorbs the rich flavours of both the chicken and the fillings. The result is a dish that boasts a more delicate and tender texture that offers a richer and more nuanced taste experience of “Steamed Glutinous Rice with Chicken”.

When serving, “Revolutionised Steamed Glutinous Rice with Chicken”, attention is naturally drawn to the exceptional freshness and tenderness of the chicken. The harmonious interplay between the soft, sticky glutinous rice and the delicate, juicy chicken creates a symphony of rich, mellow flavours that linger enchantingly on the palate. Upon more careful savouring, one can discern the subtle nuances of the various fillings, each contributing its unique flavour to the overall experience. The dish’s aroma, a delicate fragrance that lingers tantalisingly, further enhances the dining experience. “Revolutionised Steamed Glutinous Rice with Chicken” not only satisfies one’s craving for exquisite cuisine but also leaves an enduring aftertaste that lingers long after the last bite, satisfying both the senses and the soul.

Our senior has shared invaluable insights with us along with our innovative ideas. We have not only learned the skill of deboning a whole chicken but have significant improvement in our cooking skills and food processing techniques. His guidance has been valuable to us.

The final competition stands as a memorable milestone for us, serving as a platform not just to showcase our food preparation skills but also to enhance our skills and nurture our creativity under the guidance of our teacher and Chef Leung. Amidst the intense pressure, we were awestruck by the ingenuity and artistry of the Cantonese dishes crafted by fellow contestants. The opportunity to engage in a conversation with students from the Chinese Culinary Institute was a particular highlight. This exchange sparked fresh ideas and food preparation techniques, while giving us a better understanding of the Chinese Culinary Institute. In sum, this experience has been immensely enriching for us.



A group photo with Chef Leung Wai-nam



YIU Tin-yan (S3) and LI Ching-yan (S3) win a merit award at the “Chinese Food Culture Week and Student Culinary Competition” of “Love Our Home, Treasure Our Country” in the 2023/24 school year

Name of School: Sir Ellis Kadoorie Secondary School (West Kowloon)

Name of Students: HASRAT, SHABANA

Entry: Silky Red Splendid Chicken

First of all, “Silky Red Splendid Chicken 紅網煌煌鳳來儀” is a fusion Cantonese cuisine dish with chicken as the main ingredient, complemented by a sweet, sour, and spicy sauce. '紅網' means Red silk, symbolising auspiciousness and joy in traditional Chinese culture. In traditional Chinese culture, red is regarded as a symbol of happiness and joy, often used in important occasions such as weddings and festivals. The term '煌煌' represents the pursuit of magnificence and grandeur, highlighting people's pursuit and longing for beautiful things. “Silky Red Splendid Chicken” not only embodies the auspicious meaning of red in traditional Chinese culture and the pursuit of grand and magnificent scenes but also implies symbols of auspiciousness and abundance. This dish is recommended to be served with white rice or Indian Naan.

We are grateful to have Miss POON, our Home Economics teacher, consistently boosting our confidence and providing opportunities for us to demonstrate our skills in class, and even act as student-teachers during school activities. In Home Economics class, we learned how to cook Chinese festival foods like Tong Yuan, Steamed Dumplings and Zongzi, which deepened our understanding of Chinese culture. The lessons also covered various cooking techniques, proper use of seasonings, and insights into food culture. Additionally, our teacher encourages us to create our own recipes instead of just following the original ones, like making fusion-style pizza, which has encouraged us to think outside the box.



Our first time working in a professional kitchen



Our dish 《Silky Red Splendid Chicken》



A group photo with judges and guests

Participating in this “Chinese Food Culture Week and Student Culinary Competition” was both nerve-wracking and rewarding. We discussed our initial ideas with Miss POON, and after receiving her advice, we adjusted the recipe. To ensure that we could cook smoothly in the competition, we practiced extensively beforehand. Thanks to our school and the organiser, we gained invaluable experience and knowledge on Chinese cooking techniques and presentation at The Chinese Culinary Institute. It was a fascinating journey of exploration and adaptation as we infused Pakistani cultural influences into traditional Chinese recipes.

One of our biggest challenges was the language barrier, as understanding recipes and instructions in Cantonese was difficult initially. Despite these obstacles, the experience taught us resilience and teamwork. By the end of the competition, we had not only honed our cooking skills but also developed a profound appreciation for Chinese culture and cuisine.

Overall, it was a transformative experience that emphasised the importance of stepping out of our comfort zones, embracing diversity, and approaching challenges with determination and an open mind. We emerged from this journey with newfound confidence and a deeper passion for culinary exploration.



Sharing in school assembly after competition

JAVED Areeba

Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School



My works during my senior secondary school years

Hello everyone, my name is JAVED Areeba. I am a graduate of Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School, where I studied Technology and Living (Fashion, Clothing and Textiles) as my elective subject.

Ever since my childhood, I have had a passion for fashion design and creation, with a keen interest in wardrobe planning and makeup. This led me to choose Technology and Living (Fashion, Clothing and Textiles) as my elective subject during my senior secondary school years. In addition to the fundamental skills of fashion design, I also acquired knowledge of fibres and fabrics. To make the lessons more interesting, my teacher organised numerous hands-on activities, including garment making and conducting experiments.

As a Pakistani student, I faced numerous challenges while studying this subject entirely in Chinese, particularly in learning different subject-specific vocabulary. Fortunately, with the dedicated guidance and support of my teacher, I remained resilient and committed to devote extra time to studying the topics that were more challenging or where I was relatively weaker.

I took the Hong Kong Diploma of Secondary Education Examination in 2023, and throughout my senior secondary school journey, the pandemic necessitated a significant shift towards online learning. As the examination period drew near, my teacher was incredibly supportive, providing a range of exercises and makeup classes to ensure that we could stay on track and maintain our progress. This greatly boosted our confidence and preparedness for the examination.

Despite my deep passion for fashion design, I aspire to be a teacher. At present, I am fulfilling this dream by concurrently serving as a Chinese Language teacher for non-Chinese students in a primary school. Witnessing the gradual improvement in my students' Chinese proficiency fills me with a profound sense of accomplishment. My background in fashion design has instilled in me a relentless pursuit of excellence in all that I do, and I am hopeful that in the future, I can leverage this advantage to benefit even more non-Chinese students in Hong Kong by providing them with an enjoyable learning experience.

KUANG En-ying

**Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School
Higher Diploma in Fashion Design at Hong Kong Design Institute**

I am a Secondary 6 graduate from Chung Sing Benevolent Society Mrs. Aw Boon Haw Secondary School. I took the Hong Kong Diploma of Secondary Education Examination in 2023 and I am currently in my first year of study for the Higher Diploma in Fashion Design at the Hong Kong Design Institute (HKDI).

As a senior secondary student, I chose to pursue Technology and Living (Fashion, Clothing and Textiles) as a stepping stone towards my aspiration of studying fashion design after graduation. Additionally, I took Business, Accounting and Financial Studies as another elective subject, discovering some similarities in the content between the two subjects that complemented and enriched my learning experience. Throughout my studies, my Technology and Living teacher organised numerous extracurricular activities, including field trips and visits, which not only bolstered my confidence but also proved invaluable during examination time.

My studies in Technology and Living (Fashion, Clothing and Textiles) have provided me with a solid foundation in fabric types, fashion illustration and sewing techniques, which have been invaluable to my current study in HKDI. Throughout the learning journey, I gained a profound appreciation for the intricate and lengthy process that transforms fibres into apparel products and ultimately reaches consumers. This insight has instilled in me a newfound respect for the value of clothing, prompting me to cherish every piece even more.

Furthermore, I am now inclined to create my own clothing and daily household items, rather than immediately opting to purchase them as I did in the past. Looking ahead, I hope to establish my very own fashion brand, designing and making garments that truly resonate with me and my personal style.

Despite the demands of my studies and the occasional moments of uncertainty and discouragement, I remain steadfast in my pursuit of my dream. I am hopeful that I will not only achieve my aspirations but also make a meaningful contribution to society along the way.



My Fashion Works



Making of Fashion Works

Fiona POON Wai-woon

St. Catharine's School for Girls

Some people have asked me: Why have you chosen Technology and Living (TL) as an elective? On a factual level, TL is a special subject offering knowledge of fashion and technological applications. On a personal level, I would say it is because of my interest in garment construction, the diversity of fashion styles, and how fashion can benefit our daily lives. How can wave-like form be formed out of a delicate piece of fabric? How can a little design decision impact the final visual effect of an outfit? How can garments be adapted with cutting-edge technology? With all these questions in mind, I selected TL as one of my electives. Satisfactorily, I have found all the answers in my TL lessons.

During TL lessons, I learned about different aspects like fibre properties, fashion history, and fashion production procedures, which equipped me with a more profound understanding of fashion. Aside from theoretical knowledge, my practical skills have also been honed. I have learned how to adapt patterns, how to use various sewing skills to achieve different results, and how to address challenges while making a garment. It is quite challenging to realise a design, but I acquired a lot of essential attributes at the same time. In the past, it seemed to me that sewing is a simple process. Once I did it on my own, I realised that the development of every fashion item had to go through a few procedures. Recalling my memory of sewing an invisible zipper on a gown made of stretchy velvet, I still remember encountering numerous trials before successfully connecting the zipper and the panels, with no unmatched left and right panels as the fabric would easily be stretched. Although it was difficult, I have learned to be patient, persistent, and deal with issues calmly. Sewing requires problem-solving and attention to detail, which are valuable skills applicable in various aspects of life.

TL not only allows students to explore their interests, but it also helps them to improve a wide range of transferable skills. Some TL students would choose to enter the design field based on their knowledge and aspirations, enjoying the glitter of self-expression. Furthermore, because TL also includes fashion business, students will understand consumer behaviour, customer preferences, and the many roles in the fashion industry, broadening their horizons and providing them with fundamental knowledge of the fashion business.

Back in the last century, clothing played an essential role in people's lives as a daily commodity for body protection and keeping warm. However, as technology advances, more complex functionalities are offered, providing numerous benefits to our lives. Pioneering technologies, such as antibacterial layers, moth proofing, and antistatic finishes, are gradually emerging. We can even witness the applications of touch-sensitive fabric on household products and medical applications on garments by nanotechnology. With the pivotal role of fashion and technology in our lives, it is widely recognised that we are entering a technological era, and TL should play an indispensable role.

I've never regretted becoming a TL student during my senior secondary school years. Not only does it fulfil my dream to probe deeper into the fashion industry, but it also provides me with a broader understanding of the possibilities in creative combination of technology and fashion. How will TL and the industry evolve in the future? It is probably still unknown. Nevertheless, one thing is certain: the evolution will allow us to enjoy a more convenient life. I believe that TL students will contribute to the society with their immeasurable talent and the realisation of their design ideas that are beyond our imagination.



My fashion design during my study of Technology and Living (Fashion, Clothing and Textiles) in secondary school

Rita WONG Ching-ying

St. Catharine's School for Girls

From a young age, I have been passionate about fashion and creativity. Fashion design, which combines design, creativity, and personal expression, has given me the opportunity to transform my ideas into tangible works and express my unique perspectives through design. Fashion design is not only an art form, but also a means of expression that can bring aesthetics and inspiration to people. Therefore, I have chosen to study Technology and Living (Fashion, Clothing and Textiles) in secondary school, hoping to lay a solid foundation for my future development in this field.

Studying Technology and Living (Fashion, Clothing and Textiles) in secondary school has not only allowed me to realise my passion for fashion and creativity, but has also brought me many valuable gains. It has enabled me to learn comprehensive knowledge about clothing and the relationship between fashion and life, including consumer behaviour analysis, various fabric characteristics, and the textile industry. In addition, I have the opportunity to participate in various fashion design competitions with my classmates. This has allowed me to engage in frequent exchanges and collaboration with my peers. We shared creative inspirations, discussed design concepts, and provided mutual critique and suggestions. This not only cultivated my team spirit, but also broadened my horizons and learned to interact with people of different ways of thinking can enrich my perspective and to appreciate the different thinking styles of others can foster empathy and tolerance towards diversity of thought.

Through the School-based Assessment (SBA) of this subject, I have the opportunity to experience the entire design process. From conceiving the design concept, collecting data, drawing design sketches, selecting materials, to producing the final product, each step has been tremendously beneficial to me. The high degree of autonomy in SBA has allowed me to fully unleash my imagination and creativity, and delve deeply into topics of my interest. Under the guidance of the subject teacher, I was able to complete my SBA in a more organised and timely manner. Through these practical experiences, not only did I grasp the theoretical knowledge of design, but I also developed practical skills.

Looking ahead, I hope to continue studying fashion design at the university level and ultimately realise my self-worth in this field. Through the comprehensive learning at the university, I expect to acquire more in-depth professional knowledge and skills. I also hope to have more practical opportunities during my university studies. By participating in internships and project designs, I will have the chance to apply the knowledge I have learned to real work environments, which will help me better understand the operation of the fashion industry and accumulate valuable experience for my future career development.

Lastly, I hope that in my future career path, I can use my design work as a medium to convey the concept of sustainable fashion to society. I plan to design fashion products with environmental and social significance, promote sustainable development, and raise public awareness of sustainable fashion through related educational activities. I believe that fashion design should not only be an expression of creativity, but also a force to drive social change.

Through my studies in Technology and Living (Fashion, Clothing and Textiles) in secondary school, I have cultivated a love for this field and laid the foundation for my professional development. In the future, I will continue my studies at university to constantly improve my professional skills, and use my design work to influence society and contribute to the development of sustainable fashion.

My Design Journey





Chinese Culinary Institute (CCI) / International Culinary Institute (ICI) / Hotel and Tourism Institute (HTI)



Different types of experiential workshops are offered, allowing schools to flexibly select and arrange career-related learning experiences for students.

CCI / ICI / HTI Recruitment & Placement Office

Email: akilau@vtc.edu.hk

Contact: 2538-2280 (WhatsApp available)

Office Hours: 8:30 am – 5:15 pm (Mon to Fri)



Food Science and Technology

The University of Hong Kong

- Bachelor of Science (majoring in Food and Nutritional Sciences)
- Bachelor of Science and Bachelor of Law (majoring in Food and Nutritional Sciences)

The Chinese University of Hong Kong

- Bachelor of Science in Food and Nutritional Sciences

The Hong Kong Polytechnic University

- Bachelor of Science (Honours) Scheme in Food Science and Nutrition (Food Safety and Technology / Human Nutrition and Health)

Hong Kong Metropolitan University

- Bachelor of Science with Honours in Food Testing Science

The Technological and Higher Education Institute of Hong Kong

- Bachelor of Arts (Honours) in Culinary Arts and Management
- Bachelor of Science (Honours) in Food Science and Safety
- Bachelor of Science (Honours) in Nutrition and Healthcare Management
- Bachelor of Science (Honours) in Testing and Certification
- Taster Programmes (<https://thei.edu.hk/tc/page/detail/3563/>)

HKU School of Professional and Continuing Education

- Higher Diploma in Nutrition and Food Science
- Higher Diploma in Food Health and Business Management
- Higher Diploma in Nutrition and Food Management
- Higher Diploma in Food Science and Safety
- Postgraduate Diploma in Human Nutrition

Hong Kong Institute of Vocational Education

- Higher Diploma in Applied Nutritional Studies
- Higher Diploma in Food Technology and Safety
- Higher Diploma in Fitness and Exercise Nutrition

The Education University of Hong Kong (EdUHK)

- Certificate in PDP on Learning and Teaching in Home Economics/Technology and Living
- Postgraduate Diploma in Education (Secondary) in Home Economics/Technology and Living





Fashion, Clothing and Textiles

The Hong Kong Polytechnic University

- Bachelor of Arts (Honours) Scheme in Fashion
 - Bachelor of Arts (Honours) in Fashion (Fashion Design)
 - Bachelor of Arts (Honours) in Fashion (Knitwear Design)
 - Bachelor of Arts (Honours) in Fashion (Contour Fashion and Activewear)
 - Bachelor of Arts (Honours) in Fashion (Fashion Business)
 - Bachelor of Arts (Honours) in Fashion (Fashion Innovation and Technology)

The Technological and Higher Education Institute of Hong Kong

- Bachelor of Arts (Fashion Design)
- Taster Programmes (<https://thei.edu.hk/tc/page/detail/3563/>)

Caritas Bianchi College of Careers

- Higher Diploma in Design (Fashion Design)

Hong Kong Design Institute

- Higher Diploma in Fashion Image Design
- Higher Diploma in Fashion Branding and Buying
- Higher Diploma in Fashion Media Design
- Higher Diploma in Costume Design for Performance
- Higher Diploma in Fashion Design
 - School visits
 - Centre of Design Services and Solutions (<https://www.hkdi.edu.hk/en/knowledge-centre/cdss.php#section-908>)
 - Centre of Innovative Materials and Technology (<https://www.hkdi.edu.hk/en/knowledge-centre/cimt.php>)
 - Fashion Archive (https://www.hkdi.edu.hk/en/knowledge-centre/fashion_archive.php)

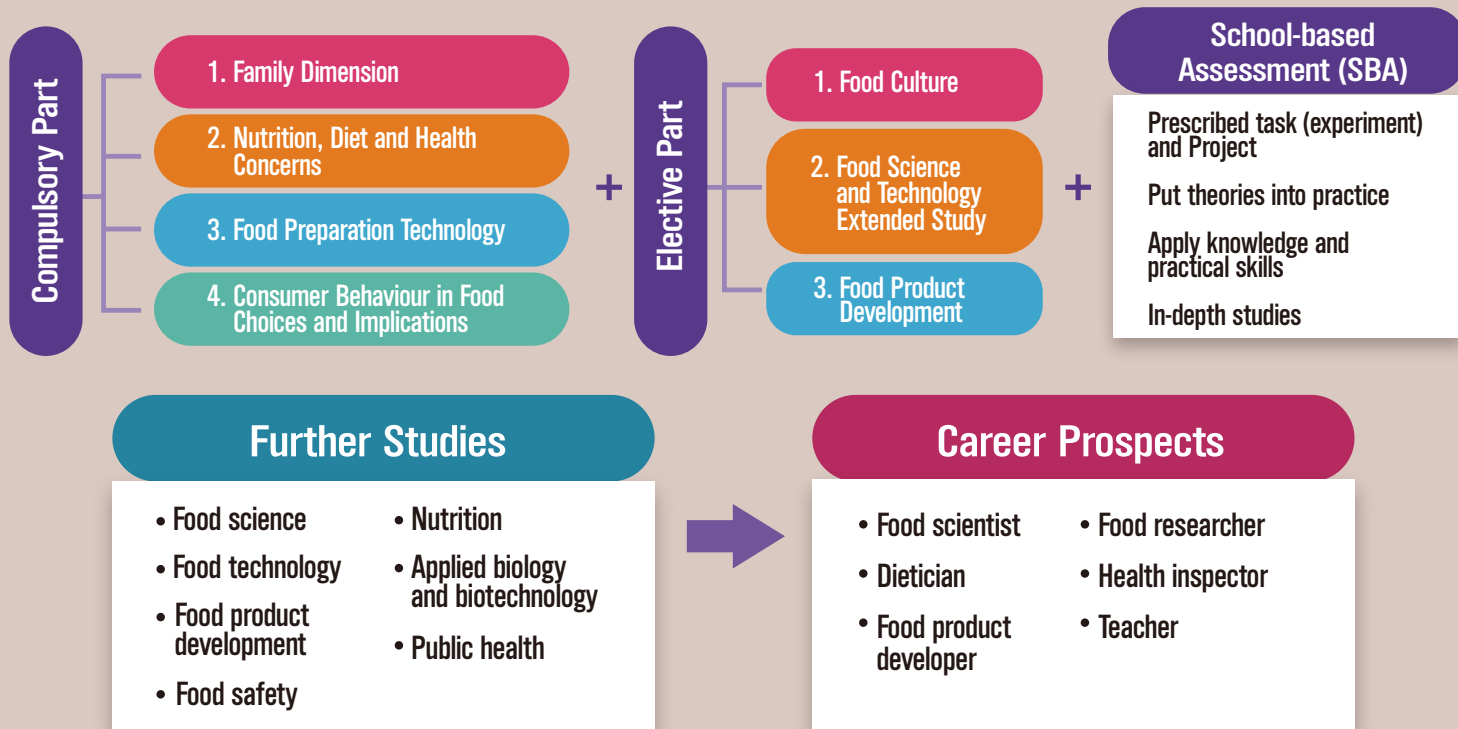
Clothing Industry Training Authority

- Higher Diploma in Digital Fashion Creation

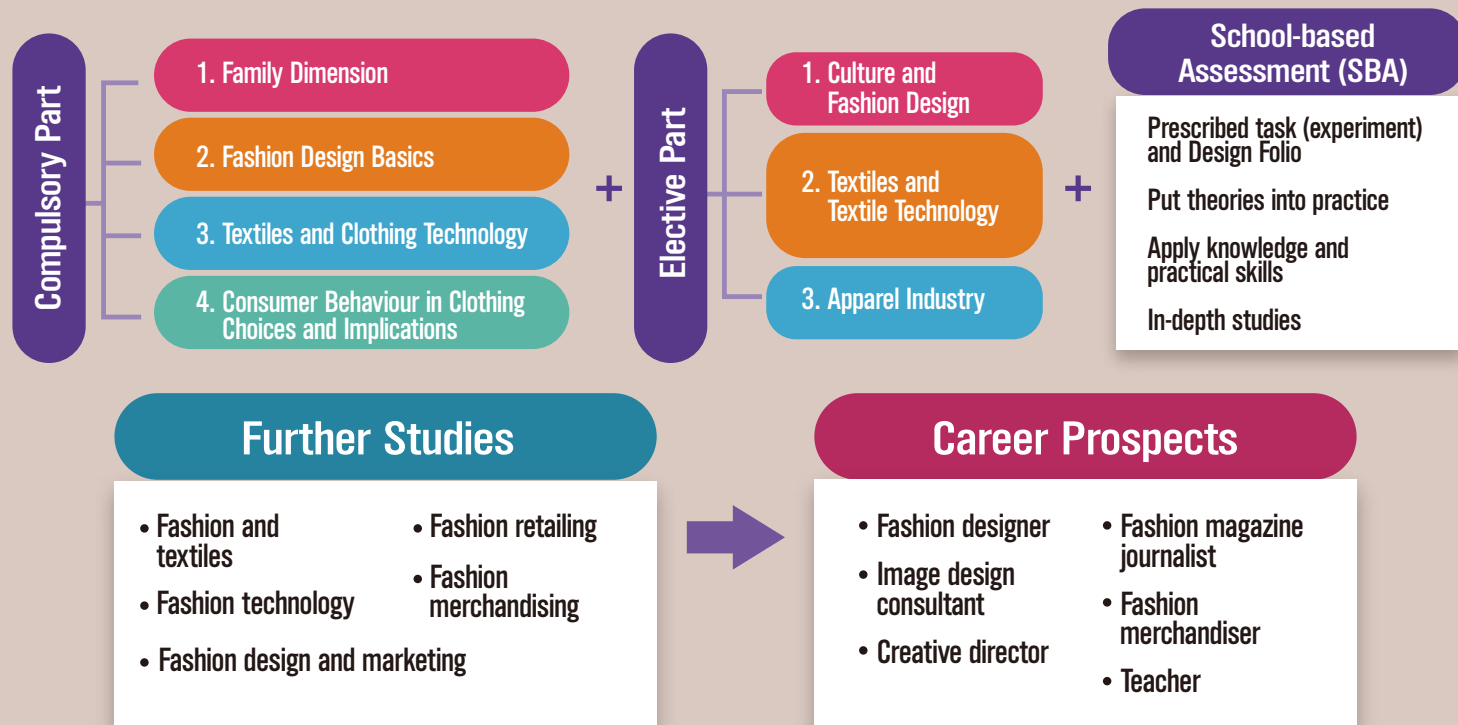
The Education University of Hong Kong (EdUHK)

- Certificate in PDP on Learning and Teaching in Home Economics/Technology and Living
- Postgraduate Diploma in Education (Secondary) in Home Economics/Technology and Living

Food Science and Technology Strand



Fashion, Clothing and Textiles Strand



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