

Tsuen Wan Chiu Chow Public School
Matters on Healthy Eating in School

September 4, 2019

Dear Parents,

It is well recognized that a healthy diet not only promotes the health of children but also prevents future problems of obesity, heart diseases, diabetes, cancer and many other chronic diseases. However, data suggest that local students are not eating very healthily. At the same time, the obesity rate among Hong Kong children has been soaring in the past decade and rises from the level of one obese child in every six children to one in five in just ten years.

To help our children grow healthily, I am pleased to inform you that our school has already joined the “Eat Smart School Accreditation Scheme” organized by the Department of Health. By implementing the “Healthy Eating School Policy” and cultivating a healthier school environment, we very much hope that our students could eventually be benefited. To achieve this end, your support is indispensable and your attention is drawn to the following points:

1. Parents who prepare lunch set for their children should follow the standard laid down in the Nutritional Guidelines on Lunch for Students, i.e. all lunch sets should contain at least one serving of vegetables (i.e. half bowl of cooked vegetables), do not contain “Strongly Discouraged Food Items” and contain no desserts. Examples of such items include foods that have been deep-fried and items high in salt, like salted fish, salted egg or smoked sausage. At the same time, the volume of grains, vegetables and meat (or its substitute) should be in the ratio of 3:2:1, which implies that the major ingredient of a lunch set should be rice or pasta, followed by vegetables, and meat (or its substitute) should only make up the smallest portion.
2. Parents should also make reference to the standard specified in the Nutritional Guidelines on Snacks for Students when preparing snacks for children, meaning that you should totally avoid items classified as “Snacks to Choose Less”, such as French fries, chocolates, butter cookies, candies, sodas, fruit juices with added sugars or food and beverages high in oil, salt or sugar content. Examples of healthier snacks include fresh fruit, boiled egg, low-fat milk, low-sugar soy milk or plain biscuit. You can also check the “Database of Prepackaged Snacks” at the website of “Hong Kong Nutrition Association” for available “Green Light Snacks” and “Yellow Light Snacks” in the market. In addition, you can wish to learn that the DH’s “Snack Nutritional Classification Wizard” can help you to classify pre-packaged snacks according to guideline. Last but not least, please bear in mind that the amount and timing of snack should not affect children’s appetite for their next meal.
3. In addition to the fruit provided by school (two times per week), parents should also encourage their children to take one to two medium-sized fruit a day.

To learn more about healthy eating, please visit the EatSmart@school.hk Thematic Website (<http://school.eatsmart.gov.hk>).

Parents please fill in the following reply slip and submit it to the class teacher. If there is any enquiry, please feel free to call the responsible supervisor, Mr Au Ka Ching, at 2490 5410.

Yours sincerely,
Ms Hui Kam Chu
Principal

Yours sincerely,
Mr Au Ka Ching
Teacher in-charge

----- - Reply ----- Slip -----
Tsuen Wan Chiu Chow Public School
School Circular A004

Matters on Healthy Eating in School

_____ September 2019

Dear Principal,

I have acknowledged the above details concerning the Promotion of Healthy Eating in School and I will cooperate with the School accordingly.

Student's name:

Class: _____

Parent's name: _____

Parent's signature: _____

