

至醒午餐 321



均衡飲食 好重要



均衡飲食提供孩子健康成長所需營養，能改善他們的學習能力和減少患病的機會。

健康午餐 秘訣

一份健康午餐飯盒內提供最多的應為穀物類(如米粉、麩、飯)，其次是蔬菜類，最少的則為肉類及代替品，它們的比例應是三比二比一。

把一個餐盒容量平均分為六格，穀物類應佔三格，蔬菜類佔兩格，肉類及代替品佔一格。這樣，穀物類、蔬菜類和肉類及代替品的容量比例便成三比二比一了。



學做 至醒食家

健康午餐應包括什麼食物呢？

答案：穀物蔬菜要最多，再加肉類與水果。

- 穀物類是熱量的主要來源，令孩子有足夠的體力應付學習和運動消耗。穀物類的食物包括粥、米粉、麩、飯、麩包、薯仔等。
- 蔬菜類亦有很多選擇，如菜心、菠菜、白菜、冬瓜、節瓜、冬菇、草菇。
- 肉類應選擇瘦肉、魚肉或去皮雞肉，亦可選擇雞蛋、豆腐等肉類的代替品。
- 飲品以清水為佳，亦可選擇低糖豆漿、低脂奶、脫脂奶或清湯。
- 食物應以新鮮為主，減少選擇香腸、火腿、煙肉或炸豬扒等加工醃製和油炸食物。



水果 美味有益

孩子們可以在飯後把水果當小食吃啊！



Smart Lunch 321



The importance of a balanced diet.



A balanced diet provides children with all the required nutrients for healthy growth. It also improves their learning power and reduces illness.

The secret of a healthy lunch

A healthy lunch box should provide grains (e.g. rice vermicelli, noodles and rice), vegetables, and meat and its alternatives in the ratio of 3:2:1.

If a healthy lunch box is divided into six parts, grains should take up three; vegetables should take up two, and meat and its alternatives should take up one. In other words, the ratio among grains, vegetables, and meat and its alternatives is 3:2:1.



Be a smart-eater

What should be included in a healthy lunch?

Answer: Grains and vegetables should take up the largest proportion, followed by meat and fruit.

- **Grains** are the primary source of energy. They can provide what children need during learning and exercise. Food under this category includes: congee, rice vermicelli, noodles, rice, bread and potatoes.
- There are many different choices for **vegetables**, e.g. choy sum, spinach, bok choy, wax gourd, hairy gourd, dried mushroom and straw mushroom.
- **Lean meat**, fish or skinless chicken are recommended. Eggs and bean curd are also good alternatives.
- **Water** is always the preferred beverage. Other healthy options include low-sugar soymilk, low-fat milk, skimmed milk and clear soup.
- Choose fresh food. Choose fewer processed, preserved and deep-fried foods like sausages, ham, bacon and deep-fried pork chops.



Fruit is tasty and healthy

Children may take it as a snack after meal!

