均衡飲食好重要**。

均衡飲食提供孩子健康成長所需養份，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、麪粉、飯），其次是蔬菜類，最少的則為肉類及替代表品，它們的比例應是三比二比一。

把一個飯盒容量平均分為六格，穀物類佔三格；蔬菜類佔兩格；肉類及替代表品佔一格。這樣，穀物類、蔬菜類和肉類及替代表品的容量比例便成三比二比一了。

水果**美味有益。

孩子們可以在飯後把水果當小零食吃哦！
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 parts, vegetables should take up two parts, and meat and its alternatives should take up one part. In other words, the ratio among grains, vegetables, and meat and its alternatives is 3:2:1.

What should be included in a healthy lunch?

- 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.
- Vegetables: are comprising of different kinds, e.g., choy sum, spinach, bok choy, wax gourd, hairy gourd, dried mushroom, and straw mushroom. There are many different choices for vegetables.
- Lean meat: fish, skinless chicken, and eggs are recommended. Soybeans and bean curd are also good alternatives.
- Water: is always preferred. 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!