









當小食吃啊

煙肉或炸豬扒等加工醃製和油炸食物。





衞生署健康教育專線: 2833 0111





The importance of a balanced diet.

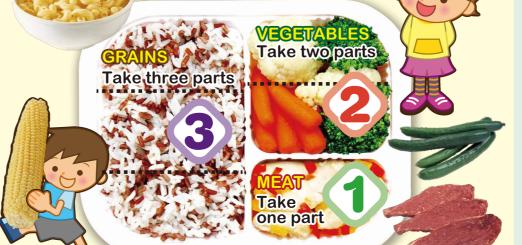


A balanced diet provides children with all the required nutrients for healthy growth. It also improves their learning power and reduces illness.

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.





Centre for Health Protection Website www.chp.gov.hk



"EatSmart@school.hk" Website https://school.eatsmart.gov.hk



Smart Lunch 321

Health Education Infoline of the Department of Health: 2833 0111