

適用於中、小學

學生午膳營養指引



# Nutritional Guidelines on Lunch for Students

For Use in Primary and  
Secondary Schools

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**Nutritional Guidelines on Lunch for Students**

**For Use in Primary and Secondary Schools**

衛生署

**Department of Health**

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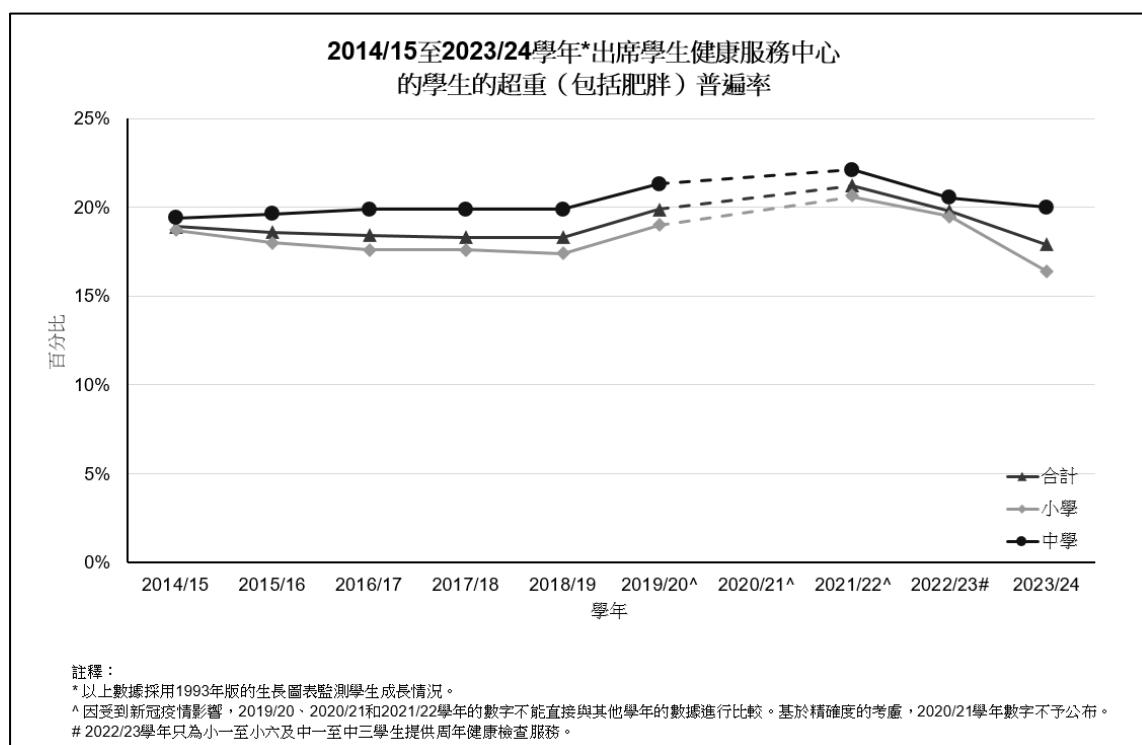
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## 1. 背景

1.1 健康飲食是促進學生健康成長的重要因素，亦有助預防肥胖、心臟病、糖尿病和某些癌症等慢性疾病<sup>1</sup>。反觀現時本港學生由於種種原因而普遍未能遵行健康飲食原則。衛生署的資料顯示，小學生的超重（包括肥胖）普遍率由二零二二／二三學年的 19.5%下降至二零二三／二四學年的 16.4%，是自二零一四／一五學年的新低；但中學生的超重（包括肥胖）普遍率則維持在 20.0%的高水平（見圖一）。



（圖一）2014/15 至 2023/24 學年出席學生健康服務中心

的學生的超重（包括肥胖）普遍率

（資料來源：衛生署學生健康服務）

1.2 自二零零六／零七學年起，衛生署聯同教育局、食物環境衛生署、教育界及專業團體推行「健康飲食在校園」運動，透過建立良好的飲食文化、為學生提供健康午膳和小食及加強營養教育等策略，致力改善學生的飲食習慣，讓他們得以健康成長和提升學習效率。

1.3 外地經驗顯示，針對學校飲食環境的措施可以帶來明顯的效果。因此，衛生署於二零零六年首編《小學午膳營養指引》，並於二零一零年十二月修訂時將其內容延伸至適用於中學，其名稱亦相應更新為《學生午膳營養指引》（下稱指引）。此版本於二零二五年根據最新的數據進行第六次修訂，使指引內容更切合使用者的需要。

## 2. 目的

本指引旨在確保學生意能夠進食營養均衡的學校午膳，以供應他們的生長和發育所需。參照世界衛生組織的建議<sup>1</sup>，本指引的目標是協助學生：

- 達到熱量平衡和健康體重
- 增加水果和蔬菜進食量
- 減少總脂肪攝入量
- 減少糖攝入量
- 減少鹽（鈉質）攝入量

## 3. 本指引的使用者

本指引提供中、小學生所需營養的參考基準，作為校方與午膳供應商簽訂合約中訂明食物分量和質素的重要部分。使用本指引之對象包括中學及小學的校長、教師、午膳供應商，以及中學及小學學生的家長。

## 4. 關於本指引

4.1 衛生署參照外地經驗、考慮本地情況及諮詢相關政府部門、專業團體、學術界和午膳供應商後推出本指引。為使本指引更切合實際需要，衛生署會透過不同渠道收集各方的意見，並適時作出修訂。

4.2 本指引的建議分兩個部分，需同時執行。第一部分訂明學校午膳應提供各主要食物類別之**分量**要求；第二部分則列明這些食物的**質素**要求。建議學校與午膳供應商共同商討午膳供應協議，自行選擇較合適的午膳分量。

## 5. 第一部分 - 分量要求

5.1 營養均衡的理想午膳須為學生提供每天所需約三至四成的熱量和營養素<sup>2,3</sup>。根據衛生署提倡的本地「健康飲食金字塔」建議<sup>4,5</sup>，健康午膳提供穀物類（例如飯、麪）、蔬菜類和肉、魚、蛋及代替品佔餐盒容量的比例應是三比二比一<sup>#</sup>。



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<sup>#</sup> 如把一個餐盒容量平均分為六格，穀物類應佔三格，蔬菜類應佔兩格，而肉、魚、蛋及代替品則佔一格。

5.2 在小學生及中學生每天的午膳中，各食物類別的分量應符合下列建議：

小學生的午膳建議分量

食物類別	小一至小三學生 <sup>i</sup>	小四至小六學生 <sup>i</sup>
穀物類	最少 4 份	最少 5 份
蔬菜類 <sup>ii</sup>	最少 1 份	最少 1 份
肉、魚、蛋及代替品	1 至 2 份	1 ½ 至 2 ½ 份
水果類 <sup>iii</sup>	最少 1 份	最少 1 份
油脂類 (在處理和烹調食物時所添加的脂肪和油分)	最多 2 份	最多 2 份

註：詳情請參考附件一的食用分量例子

## 中學生的午膳建議分量

食物類別	各級別女學生及 中一至中二男學生 <sup>i</sup>	中三或以上男學生 <sup>i</sup>
穀物類	最少 5 份	最少 8 份
蔬菜類 <sup>ii</sup>	最少 1 ½ 份	最少 1 ½ 份
肉、魚、蛋 及代替品	1 ½ 至 2 ½ 份	2 至 3 份
水果類 <sup>iii</sup>	最少 1 份	最少 1 份
油脂類  (在處理和烹調 食物時所添加的 脂肪和油分)	最多 2 份	最多 2 份

註：詳情請參考附件一的食用分量例子

<sup>i</sup> 學生正處於發育階段，受不同年齡、性別、身高、體重、活動量和身體健康狀況的影響，他們每天熱量需求的差異頗大。詳情可參考以上的午膳建議分量。若學生用膳後仍有餓意，可考慮進食額外蔬菜類和小量穀物類。

<sup>ii</sup> 根據衛生署的 2020-22 年度人口健康調查報告，有超過九成 15 歲或以上的人士每天進食的蔬果量不足，因此建議午膳供應商提供最少一份蔬菜（即相當於半碗煮熟的蔬菜或一碗沙律菜）。

iii 建議學生於校內攝取最少一份水果，以達至全日攝取兩份水果的要求。學校應與午膳供應商及家長議定具體安排，並鼓勵供應原個水果而非果汁，以增加膳食纖維的攝入量及減少糖的攝取。純果汁應視作「限制供應的食品」，以每週四或五個上課天計算，不應在多於兩個上課天供應，而且每次供應的分量不應超過  $\frac{3}{4}$  杯（約 180 毫升）。

## 6. 第二部分 - 質素要求

6.1 本指引的第二部分訂明健康午膳中的食物營養質素要求。

本部分的主要目標是防止學生進食過量的脂肪、鹽（鈉質）及糖。其內容包括：

- 優良模式
- 「鼓勵多供應的食品」
- 「限制供應的食品」
- 「強烈不鼓勵供應的食品」

詳情請參考附件二的「健康午膳餐盒評估表」以評估午膳餐盒的營養質素。

### 健康小知識

衛生署於 2020-22 年度人口健康調查中發現：

- (1) 本港育齡婦女（15 至 49 歲）的缺鐵普遍率為 17.5%。一般而言，青少年對鐵質的需求量會較高，特別是女同學因為月經而流失鐵質。因此，她們應特別注意飲食（包括學校午膳），以確保攝取充足鐵質；及
- (2) 本港人口屬於碘攝取量不足和輕度缺碘。碘質是維持甲狀腺正常功能、生長和發育必需的微量營養素。因此，建議市民食用碘質豐富的食物作為均衡飲食的一部分，及使用加碘的食鹽，包括學校午膳。

### 參考資料：

- 對公眾（尤其育齡婦女）攝取鐵質的聯合建議 -  
[https://www.chp.gov.hk/files/pdf/joint\\_recommendation\\_on\\_iron\\_intake\\_for\\_public\\_pamphlet.pdf](https://www.chp.gov.hk/files/pdf/joint_recommendation_on_iron_intake_for_public_pamphlet.pdf)
- 鐵質的建議攝取量 -  
[https://www.studenthealth.gov.hk/tc\\_chi/health/heath\\_ophp/heath\\_ophp\\_ane.html](https://www.studenthealth.gov.hk/tc_chi/health/heath_ophp/heath_ophp_ane.html)
- 有關市民攝取碘質的聯合建議 -  
[https://www.chp.gov.hk/files/pdf/joint\\_recommendation\\_on\\_iodine\\_intake\\_for\\_the\\_public\\_pamphlet.pdf](https://www.chp.gov.hk/files/pdf/joint_recommendation_on_iodine_intake_for_the_public_pamphlet.pdf)
- 碘質的建議攝取量 -  
[https://www.fhs.gov.hk/tc\\_chi/health\\_info/woman/30146.html](https://www.fhs.gov.hk/tc_chi/health_info/woman/30146.html)

## 優良模式

6.2 為使學生增加膳食纖維攝入量、減少攝取脂肪、鹽及糖、避免吸收過多熱量及營養失衡，建議由午膳供應商提供的所有午膳餐款均須符合下列優良模式：

優良模式的內容
<ul style="list-style-type: none"><li>➤ 每款午膳供應最少一份蔬菜</li><li>➤ 處理和烹調食物時，只用小量健康且不經氫化的植物油（例如粟米油、芥花籽油、橄欖油、花生油）</li><li>➤ 去除所有可見的動物脂肪（肥肉）及皮層</li><li>➤ 多選用天然食材、香草和香料來增加菜式味道</li><li>➤ 不供應甜品</li></ul>

### 「鼓勵多供應的食品」

6.3 進食足夠膳食纖維有助降低出現一些健康問題的風險，例如肥胖和心血管疾病。午膳供應商須視乎以下情況，在午膳餐款中提供相應款式的「鼓勵多供應的食品」種類：

- (1) 如每天供應多於一款含穀物類的午膳餐款，每個上課天須在最少一款午膳餐款中提供以下食品種類；或
- (2) 如每天只供應一款含穀物類的午膳餐款，以每週四或五個上課天計算，則須在最少兩個上課天提供以下食品種類。

「鼓勵多供應的食品」種類	理念	例子
全穀麥穀物類 <sup>iv</sup>	增加膳食纖維攝入量	糙米飯、紅米飯、燕麥片、全麥穀物片、全麥麵包、全麥麵條、蕎麥麵、藜麥
添加蔬菜的穀物類 <sup>iv</sup>	增加膳食纖維攝入量	菜飯、粟米飯、蘑菇飯、菠菜麵、甘筍麵、三色螺絲粉

6.4 由於學生的發育及成長需要大量鈣質，鼓勵午膳供應商多選鈣質豐富的食材。可是，由於適合製作午膳餐盒的鈣質豐富食材有限，家長應於其他正餐或小食時段供應奶類及代替品（奶品類），例如低脂或脫脂牛奶、低脂原味乳酪、低脂芝士、硬豆腐、高鈣無糖或低糖豆漿。

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<sup>iv</sup> 穀物類食品須含最少 10% 的全穀麥或添加蔬菜，但不包括薯仔、番薯、果仁和種籽。

## 「限制供應的食品」

6.5 為了減少學生攝取脂肪（特別是飽和脂肪）、鹽及糖，以每週四或五個上課天計算，午膳供應商不可在多於兩個上課天提供以下食品種類：

「限制供應的食品」種類	理念	例子
添加了脂肪或油分的穀物類 <sup>v</sup>	減少總脂肪攝入量	炒飯、炒麵、油麵
脂肪比例較高的肉類及連皮的禽肉	減少飽和脂肪攝入量	牛腩、排骨、連皮的禽肉（例如雞翼、雞髀）
全脂奶品類	減少飽和脂肪攝入量	全脂奶、全脂芝士、全脂乳酪、淡奶（包括較低脂淡奶）
加工或醃製的肉類、蛋類及蔬菜類食品	減少總脂肪及鹽攝入量	叉燒、煙肉、火腿、香腸、午餐肉、玉子豆腐、已調味的素肉、鹹水蛋、雪菜、現成點心
高脂肪、高鹽或高糖醬汁或芡汁 <sup>vi</sup>	減少總脂肪、鹽及糖攝入量	使用全脂奶品類或高鹽調味料所製成的醬汁或芡汁（例如全脂白汁、照燒汁、瑞士汁、鹹水汁）、甜酸汁

<sup>v</sup> 以一人分量計算，在處理和烹調穀物類時添加多於兩茶匙脂肪或油分。

<sup>vi</sup> 建議減少採用高脂肪、高鹽或高糖醬汁或芡汁。若必須採用，建議只供應小量並與穀物類食物分開供應。

## 「強烈不鼓勵供應的食品」

6.6 所有午膳餐款不應加入以下食品種類，以減少學生攝取脂肪（特別是飽和脂肪及反式脂肪）、鹽及糖：

「強烈不鼓勵供應的食品」種類	理念	例子
油炸食品	減少總脂肪攝入量	炸薯條、炸豬扒、炸雞翼或雞髀、炸點心（例如春卷、咖喱角）、豆卜
含動物脂肪或植物性飽和脂肪的食品	減少飽和脂肪攝入量	以牛油（包括較低脂牛油）、忌廉（包括較低脂忌廉）、豬油、棕櫚油、椰子油、椰漿、椰汁或椰肉製作的食品（例如椰汁咖喱、葡汁）
含反式脂肪的食品	減少反式脂肪攝入量	以氫化植物油、含反式脂肪的人造牛油或起酥油製作的食品（例如酥皮糕點、曲奇餅）
鹽分極高的食品	減少鹽攝入量	鹹魚、鹹蛋、臘腸、臘肉
含咖啡因或甜味劑的食品（只適用於小學生）	攝取過量咖啡因或會影響睡眠及出現心跳加速、手震等情況  甜味劑的甜度十分高，或會令學生養成嗜甜的口味	以咖啡、茶葉製作的食品（例如咖啡糕點、茶葉蛋）  以甜味劑作調味料、以含甜味劑的現成醬料製作的食品

「強烈不鼓勵供應的食品」種類	理念	例子
「少選為佳」的飲品 <sup>vii</sup>	減少糖攝入量 避免攝取咖啡因或甜味劑 (只適用於小學生)	汽水、果味飲品、含添加糖的果汁、乳酸菌飲品、紙包飲品(例如檸檬茶、菊花茶)、運動飲品 咖啡、奶茶、綠茶、能量飲品、無糖及低糖汽水、低糖乳酸菌飲品

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<sup>vii</sup> 請參考《學生小食營養指引》第六章中「少選為佳」的小食。

## 7. 素食餐款的注意事項

7.1 素食餐款泛指以植物為食材、不含動物的肉及其製品的餐款。若素食餐款欠缺合適的肉類代替品，蛋白質含量便會偏低，並不符合分量要求。

### 合適的肉類代替品

7.2 合適的肉類代替品含豐富蛋白質和鐵質，是維持身體健康的重要營養素。例子如下：

- 乾豆類（例如黃豆、雞心豆、紅腰豆、紅豆、眉豆）
- 黃豆製品（例如硬豆腐、布包豆腐、白豆乾、鮮腐竹、非油炸的枝竹、豆渣）
- 種籽和果仁（例如芝麻、花生、合桃、腰果）

7.3 然而，不少黃豆製品（例如油豆腐、豆卜、素鵝、炸枝竹）經油炸處理，屬「強烈不鼓勵供應的食品」。此外，素雞、素豬肉、素火腿等食材雖然不經油炸，但經加工處理後鹽分較高，故屬「限制供應的食品」。

7.4 學校可根據校情選用雞蛋和低脂奶品類（例如低脂芝士）製作素食餐款，它們亦可代替肉類提供蛋白質。

7.5 白麵筋和烤麩也是素食餐款經常選用的食材，它們的主要成分是高筋小麥麵粉，其蛋白質含量雖然較高，但缺乏某些人體必需的氨基酸，故只宜偶爾採用它們代替肉類提供蛋白質。

7.6 菇菌類、青豆（即豌豆）、荷蘭豆、四季豆、豆芽、豆角等屬蔬菜類，並不是合適的肉類代替品，因為它們的蛋白質含量遠不及乾豆類。

## 8. 校園於節日慶祝活動的食物安排

8.1 很多傳統節日也和食物有關，例如復活節的朱古力蛋和中秋節的月餅。老師或會於教學活動中向學生介紹節慶食品。可是，這些食品不少都屬高脂、高鹽或高糖類別。那麼，學校應否禁止這些食品呢？

8.2 誠然，食物文化和社交意義應受重視。根據健康飲食的原則，我們只宜淺嚐高脂、高鹽或高糖的食品。因此，若老師認為有確實需要在校內向學生介紹甚或安排品嚐這些節慶食品，需注意以下事項：

- 盡量提供較健康的食品，例如中秋節提供水果
- 如安排品嚐高脂、高鹽或高糖的節慶食品，建議老師：
  - 先向學生說明這些食品的營養價值，才安排進食
  - 提醒學生只可進食小量
  - 以不影響正餐的胃口為原則
- 其他由午膳供應商、小食部和自動售賣機供應的食品，任何時候都必須符合《學生午膳營養指引》和《學生小食營養指引》的營養要求

## 9. 促進校園提供健康午膳的工具簡介

9.1 為協助學校建立健康的飲食環境，衛生署開發了以下工具（見附件三）並上載至「健康飲食在校園」運動的專題網站（<https://school.eatsmart.gov.hk/>），以供參考：

- 《選擇學校午膳供應商手冊》
- 「學校午膳食品分類表」
- 《學校午膳營養監察簡易手冊》
- 「學校午膳營養監察表格」

### 《選擇學校午膳供應商手冊》

9.2 由於學校與午膳供應商的合約年期一般由一年至三年不等，故選擇稱職的午膳供應商對學生的健康飲食尤為重要。

9.3 學校和家長在挑選午膳供應商時，普遍會根據供應商的資料、食物衛生、食物質素和價格等因素作出決定。然而，學校及家長更應考慮午膳的營養質素及供應商推動學生飲食健康的積極性。

9.4 衛生署廣泛諮詢各界別後，制訂了《選擇學校午膳供應商手冊》，以供學校參考。

### 「學校午膳食品分類表」

9.5 食材的種類繁多，而且午膳供應商的餐款亦經常推陳出新。為協助教職員、家長和午膳供應商更準確地掌握食材的分類，衛生署推出「學校午膳食品分類表」，當中羅列出更多食品例子，以供參考。建議校內的膳食小組或負責學生膳食的老師，每月在收到由午膳供應商提供的餐單後，利用「學校午膳食品分類表」進行餐單預檢，並與午膳供應商商討改良餐單，令學生的午膳更健康。

9.6 為確保「學校午膳食品分類表」切合食材選用的新趨勢，衛生署會作出適時檢討和修訂。

### 《學校午膳營養監察簡易手冊》和「學校午膳營養監察表格」

9.7 透過恆常監察學校午膳的營養質素及客觀地記錄結果，學校便能使用有關數據向午膳供應商反映意見，以確保午膳的營養質素。建議學校每學年進行最少四次，每次為期一週（即連續五個上課天）的午膳營養監察。《學校午膳營養監察簡易手冊》詳細列出有關午膳監察的程序和「學校午膳營養監察表格」的應用範例，以供學校參考。

## 10. 資料來源

1. World Health Organization (2003). Diet, nutrition and the prevention of chronic diseases: report of a joint WHO/FAO expert consultation, Geneva, 28 January - 1 February 2002. World Health Organization.  
Available at: <https://iris.who.int/handle/10665/42665>
2. 中國營養學會（2022）。《中國學齡兒童膳食指南》。北京：人民衛生出版社。
3. Institute of Medicine (2010). School Meals: Building Blocks for Healthy Children. Washington, DC: The National Academies Press. Available at: <https://nap.nationalacademies.org/catalog/12751/school-meals-building-blocks-for-healthy-children>
4. 香港特別行政區衛生署衛生防護中心。6 - 11 歲兒童健康飲食金字塔。見以下網址：  
[https://www.chp.gov.hk/files/her/exn\\_nutp\\_028bp.pdf](https://www.chp.gov.hk/files/her/exn_nutp_028bp.pdf)
5. 香港特別行政區衛生署衛生防護中心。12 - 17 歲青少年健康飲食金字塔。見以下網址：  
[https://www.chp.gov.hk/files/her/exn\\_nutp\\_029bp.pdf](https://www.chp.gov.hk/files/her/exn_nutp_029bp.pdf)

（部分參考資料只備英文版本）

## 11. 鳴謝

### 「健康飲食在校園」運動督導委員會

- 官立小學校長協會
- 食物環境衛生署
- 津貼小學議會
- 香港中文大學醫學院賽馬會公共衛生及基層醫療學院
- 香港心臟專科學院
- 香港肥胖醫學會
- 香港特殊學校議會
- 香港教育城
- 香港資助小學校長會
- 香港營養師協會
- 香港營養學會
- 家庭與學校合作事宜委員會
- 教育局

(以中文筆劃數目順序排列)

如對本指引有任何查詢或建議，請電郵至  
eatsmart\_school@dh.gov.hk。如欲了解更多健康資訊，請瀏覽衛生署  
「健康飲食在校園」運動的專題網站（<https://school.eatsmart.gov.hk>）  
或致電衛生署健康教育專線 2833 0111。

2025 年修訂

## 12. 附件

### 附件一：食用分量例子

食物類別	午膳建議分量				「一份」食用分量的例子
	小一至小三 學生	小四至小六 學生	各級別女中學生 及中一至中二 男學生 <sup>1</sup>	中三或以上男學 生 <sup>1</sup>	
穀物類	最少 4 份	最少 5 份	最少 5 份	最少 8 份	<ul style="list-style-type: none"> <li>白飯 = <math>\frac{1}{6}</math> 碗</li> <li>煮熟的米粉或烏冬 = <math>\frac{1}{5}</math> 碗</li> <li>煮熟的蛋麪 = <math>\frac{1}{4}</math> 碗</li> <li>煮熟的意粉或通粉 = <math>\frac{1}{3}</math> 碗</li> <li>方包 = <math>\frac{1}{2}</math> 片</li> </ul>
蔬菜類	最少 1 份	最少 1 份	最少 $1\frac{1}{2}$ 份	最少 $1\frac{1}{2}$ 份	<ul style="list-style-type: none"> <li>未經烹調的葉菜（例如生菜）= 1 碗</li> <li>煮熟的葉菜（例如大白菜、菠菜）= <math>\frac{1}{2}</math> 碗</li> <li>煮熟的瓜類（例如冬瓜、翠玉瓜）= <math>\frac{1}{2}</math> 碗</li> <li>煮熟的菇菌類 = <math>\frac{1}{2}</math> 碗</li> </ul>
肉、魚、蛋 及代替品	1 至 2 份	$1\frac{1}{2}$ 至 $2\frac{1}{2}$ 份	$1\frac{1}{2}$ 至 $2\frac{1}{2}$ 份	2 至 3 份	<ul style="list-style-type: none"> <li>煮熟的牛、豬、雞、魚 ≈ 4 片 ≈ 30 克</li> <li>煮熟的蝦 ≈ 30 克</li> <li>雞蛋 = 1 隻</li> <li>硬豆腐 = <math>\frac{1}{4}</math> 碗</li> <li>煮熟的乾豆類（例如紅腰豆、雞心豆）= 6 至 8 湯匙</li> </ul>
水果類 <sup>2</sup>	最少 1 份	最少 1 份	最少 1 份	最少 1 份	<ul style="list-style-type: none"> <li>奇異果 = 2 個小型</li> <li>橙、蘋果 = 1 個中型</li> <li>香蕉 = <math>\frac{1}{2}</math> 條大型</li> <li>提子 = <math>\frac{1}{2}</math> 碗</li> <li>無添加糖的乾果（例如提子乾）= 1 湯匙</li> </ul>
油脂類 (在處理和烹調食物時 所添加的脂肪和油分)	最多 2 份	最多 2 份	最多 2 份	最多 2 份	<ul style="list-style-type: none"> <li>植物油（例如粟米油、花生油）= 1 茶匙</li> <li>沙律醬 = 1 湯匙</li> </ul>

註：1 茶匙 ≈ 5 毫升；1 湯匙 ≈ 15 毫升；1 碗 = 250-300 毫升

1 學生正處於發育階段，受不同年齡、性別、身高、體重、活動量和身體健康狀況的影響，他們每天熱量需求的差異頗大。詳情可參考以上的午膳建議分量。若學生用膳後仍有餓意，可考慮進食額外蔬菜類和小量穀物類。

2 建議學生於校內攝取最少一份水果，以達至全日攝取兩份水果的要求。學校應與午膳供應商及家長議定具體安排，並鼓勵供應原個水果而非果汁，以增加膳食纖維的攝入量及減少糖的攝取。純果汁是「限制供應的食品」，以每週四或五個上課天計算，不應在多於兩個上課天供應，而且每次供應的分量不應超過  $\frac{3}{4}$  杯（約 180 毫升）。

## 附件二：健康午膳餐盒評估表

請在適當的空格內填上✓號。若在此表第 1 至 17 項要求皆選「是」，代表該午膳餐盒已符合基本營養要求。若能同時符合第 18 至 19 項要求則更理想。

午膳供應商名稱：\_\_\_\_\_ 午膳餐款名稱：\_\_\_\_\_ 評估人員姓名及職位：\_\_\_\_\_ 評估日期：\_\_\_\_\_

### 健康午膳餐盒要求

#### 分量要求及優良模式

- 穀物類、蔬菜類和肉、魚、蛋及代替品佔餐盒容量的比例是三比二比一（即最多是穀物類，其次是蔬菜類，而肉、魚、蛋及代替品佔最少）
- 供應最少一份蔬菜（例如半碗煮熟的葉菜、瓜類或菇菌類）
- 採用小量健康且不經氫化的植物油（例如粟米油、芥花籽油、橄欖油、花生油）處理食物和烹調
- 去除所有可見的動物脂肪（肥肉）及皮層
- 多選用天然食材、香草和香料
- 不供應甜品

#### 「強烈不鼓勵供應的食品」

- 沒有供應油炸食品（例如炸薯條、炸豬扒、春卷）
- 沒有供應含動物脂肪或植物性飽和脂肪的食品（例如牛油、忌廉、豬油、棕櫚油、椰子油、以椰漿、椰汁或椰肉製作的食品）
- 沒有供應含反式脂肪的食品，例如以含反式脂肪的人造牛油或起酥油製作的食品（例如酥皮糕點、曲奇餅）
- 沒有供應鹽分極高的食品（例如鹹魚、鹹蛋、臘腸、臘肉）
- 沒有供應含咖啡因的食品（例如咖啡糕點、茶葉蛋）或甜味劑的食品（例如以甜味劑作調味料、以含甜味劑的現成醬料製作的食品）（只適用於小學生）
- 沒有供應「少選為佳」的飲品\*（例如汽水、果味飲品、含添加糖的果汁、乳酸菌飲品、紙包飲品）

#### 「限制供應的食品」

- 沒有使用添加了脂肪或油分的穀物類（例如炒飯、炒麵）
- 沒有使用脂肪比例較高的肉類（例如牛腩、排骨）及連皮的禽肉（例如雞翼、雞髀）
- 沒有使用全脂奶品類（例如全脂奶、全脂芝士、全脂乳酪、淡奶）
- 沒有使用加工或醃製的肉類、蛋類及蔬菜類食品（例如叉燒、煙肉、火腿、香腸、已調味的素肉、雪菜）
- 沒有使用高脂肪、高鹽或高糖醬汁或芡汁（例如甜酸汁、以全脂奶品類或高鹽調味料所製成的醬汁或芡汁）

#### 「鼓勵多供應的食品」

- 穀物類食品含最少 10%全穀麥或添加蔬菜（例如糙米飯、紅米飯、菜飯、粟米飯）
- 鈣質豐富的食材（例如低脂牛奶、低脂原味乳酪、低脂芝士、硬豆腐）

\*請參考《學生小食營養指引》第六章中「少選為佳」的小食。

### 附件三：促進校園提供健康午膳的工具

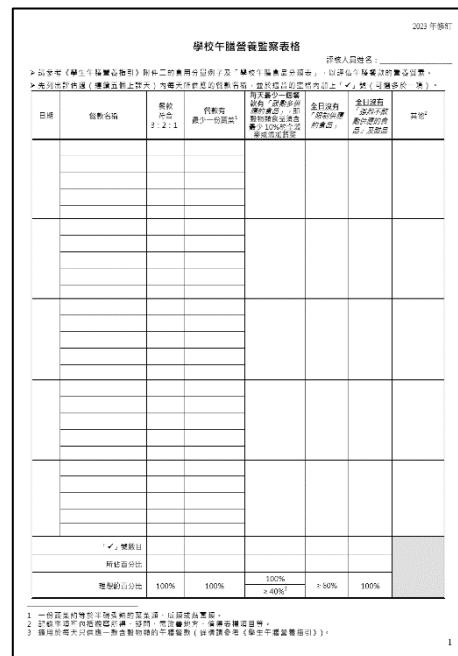


## 《選擇學校午膳供應商手冊》

## 「學校午膳食品分類表」



## 《學校午膳營養監察簡易手冊》



## 「學校午膳營養監察表格」

## 1. Background

1.1 Healthy eating is essential for promoting students' growth and preventing a number of chronic diseases such as obesity, heart disease, diabetes and certain cancers<sup>1</sup>. However, healthy eating principles are not commonly practised among local students for a number of reasons. Information from the Department of Health (DH) revealed that the prevalence of being overweight (including obesity) among primary students has decreased from 19.5% in the 2022/23 school year to 16.4% in the 2023/24 school year, which was a record low since the 2014/15 school year. However, the prevalence among secondary students remained high at 20.0% (see Figure 1).

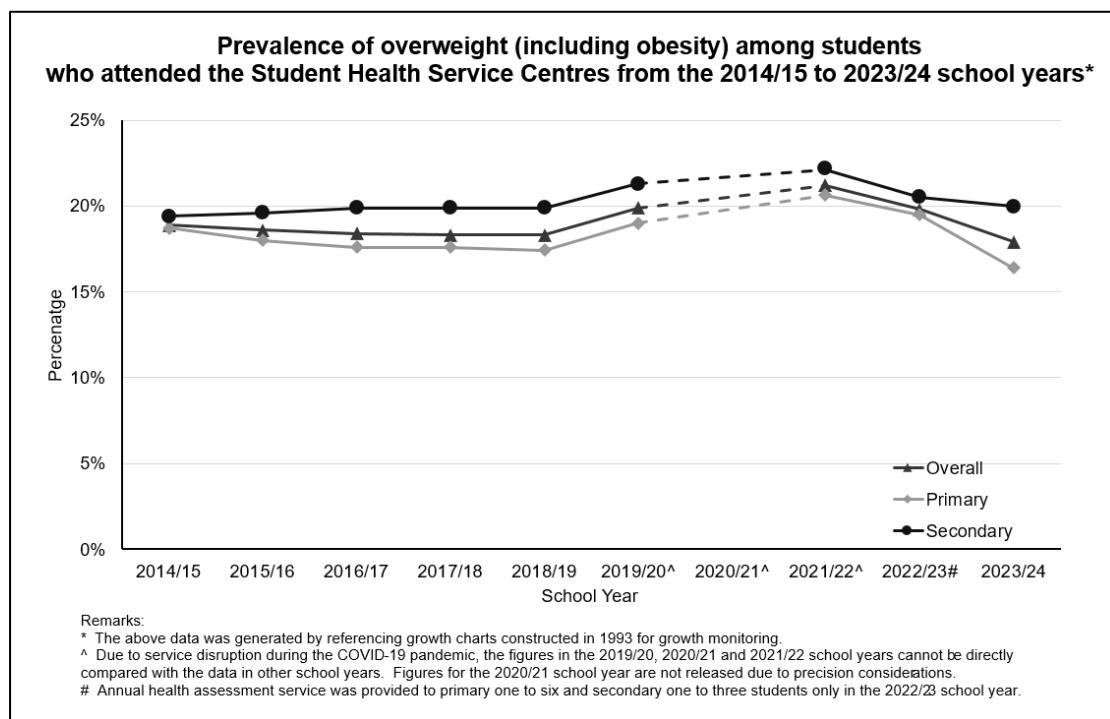


Figure 1. Prevalence of overweight (including obesity) among students who attended the Student Health Service Centres from the 2014/15 to 2023/24 school years  
(Source: Student Health Service, the DH)

1.2 Together with the Education Bureau, the Food and Environmental Hygiene Department, the education sector and professional organisations, the DH has launched the 'EatSmart@school.hk' Campaign since the 2006/07 school year. Through strategies such as establishing a good eating culture, providing healthy lunches and snacks in schools for students and strengthening nutrition education, the Campaign aims to improve students' eating habits, help them grow healthily and enhance their learning efficiency.

1.3 Overseas experiences have shown that interventions targeting at the school eating environment could make a significant impact. Subsequently, the DH published the *Nutritional Guidelines on School Lunch for Primary School Students* in 2006 and enriched its content during the revision made in December 2010, making it applicable to secondary schools. It was thus renamed as *Nutritional Guidelines on Lunch for Students* (Guidelines). To better meet the needs of users, this edition is the sixth version of the Guidelines with a revision made in 2025 based on the latest available data.

## **2. Purpose**

The Guidelines aim to ensure that students are served with nutritionally balanced school lunches that meet the needs of their growth and development. In line with the recommendations made by the World Health Organization<sup>1</sup>, the objectives of the Guidelines are to help students:

- To achieve energy balance and a healthy weight
- To increase consumption of fruits and vegetables
- To limit intake of total fat
- To limit intake of sugar
- To limit intake of salt (sodium)

## **3. Users of the Guidelines**

Providing a benchmark for the nutrition required by secondary and primary school students, the Guidelines serve as a core component regarding the quantity and quality of food as stipulated in the contracts signed between schools and lunch suppliers. Target users of the Guidelines include principals, teachers and lunch suppliers of secondary and primary schools, as well as parents of secondary and primary school students.

## 4. About the Guidelines

4.1 The DH issued the Guidelines after making reference to overseas experiences and the local situation, as well as consulting relevant government departments, professional organisations, the academic sector and lunch suppliers. To better meet the actual needs, the DH will gather comments from various parties through different channels and make timely revision.

4.2 The recommendations in the Guidelines are divided into two parts, which should be implemented simultaneously. Part one specifies the **quantity** requirements of major food groups that should be provided in school lunches. Part two specifies the **quality** requirements of such food. Schools and lunch suppliers are recommended to jointly discuss the agreement on lunch provision and decide on a more appropriate lunch quantity.

## 5. Part One – Quantity Requirements

5.1 An ideal and nutritionally balanced lunch should provide about 30 to 40% of the energy and nutrients that a student needs daily<sup>2,3</sup>.

In accordance with the local ‘Healthy Eating Food Pyramid’ advocated by the DH<sup>4,5</sup>, the ratio of grains (e.g. rice, noodles), vegetables and meat, fish, egg and alternatives to the **volume** of lunch box in a healthy lunch should be 3:2:1#.



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# If a lunch box is divided equally into six parts, grains should take up three parts, vegetables should take up two parts, while meat, fish, egg and alternatives should take up one part.

5.2 The servings of each food group in the daily lunch of primary and secondary school students should be in line with the following recommendations:

### **Recommended Servings of Lunch for Primary School Students**

<b>Food Groups</b>	<b>Primary 1 to 3 Students<sup>i</sup></b>	<b>Primary 4 to 6 Students<sup>i</sup></b>
Grains	At least 4 servings	At least 5 servings
Vegetables <sup>ii</sup>	At least 1 serving	At least 1 serving
Meat, fish, egg and alternatives	1 to 2 servings	1½ to 2½ servings
Fruits <sup>iii</sup>	At least 1 serving	At least 1 serving
Fat/oil <i>(Added during food preparation and cooking)</i>	Maximum of 2 servings	Maximum of 2 servings

*Note: Please refer to the examples of serving size in Appendix 1 for details.*

### **Recommended Servings of Lunch for Secondary School Students**

<b>Food Groups</b>	<b>Female Students of all Forms and Form 1 to 2 Male Students<sup>i</sup></b>	<b>Form 3 or above Male Students<sup>i</sup></b>
Grains	At least 5 servings	At least 8 servings
Vegetables <sup>ii</sup>	At least 1½ servings	At least 1½ servings
Meat, fish, egg and alternatives	1½ to 2½ servings	2 to 3 servings
Fruits <sup>iii</sup>	At least 1 serving	At least 1 serving

<b>Food Groups</b>	<b>Female Students of all Forms and Form 1 to 2 Male Students<sup>i</sup></b>	<b>Form 3 or above Male Students<sup>i</sup></b>
Fat/oil <i>(Added during food preparation and cooking)</i>	Maximum of 2 servings	Maximum of 2 servings

*Note: Please refer to the examples of serving size in Appendix 1 for details.*

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<sup>i</sup> Students are in the growth and development stage. Their daily energy requirements vary due to different age, gender, body height, body weight, activity level and health conditions. Please refer to the above recommended servings of lunch. If students still feel hungry after lunch, they may consider consuming extra amount of vegetables and small amount of grains.

<sup>ii</sup> According to DH's Population Health Survey 2020-22, over 90% of people aged 15 or above had inadequate daily intake of fruit and vegetables. Therefore, lunch suppliers are recommended to provide at least one serving of vegetables (equivalent to half bowl of cooked vegetables or one bowl of salad green).

<sup>iii</sup> Students are recommended to eat at least one serving of fruit at school to fulfil the requirement of eating two servings of fruits a day. Schools should discuss with lunch suppliers and parents for practical arrangements. It is encouraged to provide whole fruit instead of fruit juices to increase dietary fibre intake and reduce sugar intake. Pure fruit juice could be regarded as a 'Limited Food Item', which can be served no more than 2 school days in a week with 4 or 5 school days. The serving size of pure fruit juice each time should not exceed  $\frac{3}{4}$  glass (approximately 180 ml).

## 6. Part Two – Quality Requirements

6.1 Part Two of the Guidelines specifies the **nutritional quality requirements** of food items in a healthy lunch. The main objective of this part is to prevent students from consuming excessive fat, salt (sodium) and sugar. Its content includes:

- **Good Practices**
- **‘Encouraged Food Items’**
- **‘Limited Food Items’**
- **‘Strongly Discouraged Food Items’**

Please refer to the ‘Healthy Lunch Box Checklist’ in Appendix 2 for details on assessing the nutritional quality of a lunch box.

### Healthy tips

DH’s Population Health Survey 2020-22 revealed that:

- (1) the local prevalence of iron deficiency among women of reproductive age (aged 15-49) was 17.5%. In general, adolescents have higher requirement of iron, in particular to female students who have a higher risk of iron loss during menstruation. Hence, particular attention should be paid to their diet (including school lunch) to ensure adequate iron intake; and
- (2) the local population was classified as “insufficient iodine intake” with “mild iodine deficiency status”. Iodine is an essential micronutrient required for normal thyroid function, growth and development. Hence, consumption of foods rich in iodine as part of a healthy balanced diet and use of iodised salt are recommended for the local population, including school lunch.

### References:

- *Joint Recommendation on Iron Intake for Public Particularly for Women of Reproductive Age* -  
[https://www.chp.gov.hk/files/pdf/joint\\_recommendation\\_on\\_iron\\_intake\\_for\\_public\\_pamphlet.pdf](https://www.chp.gov.hk/files/pdf/joint_recommendation_on_iron_intake_for_public_pamphlet.pdf)
- *Recommended Nutrient Intake of Iron* -  
[https://www.studenthealth.gov.hk/english/health/health\\_ophp/health\\_ophp\\_ane.html](https://www.studenthealth.gov.hk/english/health/health_ophp/health_ophp_ane.html)
- *Joint Recommendation on Iodine Intake for Members of the Public* -  
[https://www.chp.gov.hk/files/pdf/joint\\_recommendation\\_on\\_iodine\\_intake\\_for\\_the\\_public\\_pamphlet.pdf](https://www.chp.gov.hk/files/pdf/joint_recommendation_on_iodine_intake_for_the_public_pamphlet.pdf)
- *Recommended Nutrient Intake of Iodine* -  
[https://www.fhs.gov.hk/english/health\\_info/woman/30146.html](https://www.fhs.gov.hk/english/health_info/woman/30146.html)

## **Good Practices**

6.2 To increase intake of dietary fibre, reduce intake of fat, salt and sugar, prevent excessive intake of energy and nutritional imbalance in students, it is recommended that ALL meal choices provided by lunch suppliers should comply with the following good practices:

<b>Details of Good Practices</b>
<ul style="list-style-type: none"><li>➤ Provide at least one serving of vegetables in each meal choice</li><li>➤ Use only small amount of healthy and non-hydrogenated vegetable oils (e.g. corn oil, canola oil, olive oil, peanut oil) during food preparation and cooking</li><li>➤ Remove all visible animal fat and skin</li><li>➤ Use more natural ingredients, herbs and spices to enhance dish flavours</li><li>➤ Do not provide dessert</li></ul>

## **Encouraged Food Items'**

6.3 Adequate consumption of dietary fibre reduces the risk of having certain health problems, such as obesity and cardiovascular diseases. Depending on the following situations, lunch suppliers should provide corresponding meal choices in the 'Encouraged Food Items' categories:

- (1) Provide AT LEAST ONE meal choice in the following food category on ALL school days if more than one type of grains is served each day; or
- (2) Provide meal choice in the following food category on AT LEAST TWO school days in a week with four or five school days if only one type of grains is served each day.

<b>Categories of 'Encouraged Food Items'</b>	<b>Rationale</b>	<b>Examples</b>
Whole grains <sup>iv</sup>	To increase intake of dietary fibre	Brown rice, red rice, oatmeal, whole grain cereals, wholemeal bread, whole wheat noodle, buckwheat noodle (soba), quinoa
Grains with added vegetables <sup>iv</sup>	To increase intake of dietary fibre	Rice added with leafy vegetables, corn kernel or mushroom, spinach noodle, carrot noodle, tri-colour fusilli

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<sup>iv</sup> Grains should contain at least 10% of whole grains or added vegetables, excluding potatoes, sweet potatoes, nuts and seeds.

6.4 Since students have a high calcium need for their growth and development, lunch suppliers are encouraged to use calcium-rich ingredients more. However, suitable calcium-rich ingredients for preparing lunch boxes are limited. Parents should therefore provide milk and alternatives (dairy products), such as low-fat or skimmed milk, low-fat plain yoghurt, low-fat cheese, firm tofu, high-calcium unsweetened or low-sugar soy drinks, in other main meals or as snacks.

## **Limited Food Items'**

6.5 In a week with four or five school days, lunch suppliers should not serve the following food items on more than two school days in order to reduce intake of fat (especially saturated fat), salt and sugar by students.

<b>Categories of 'Limited Food Items'</b>	<b>Rationale</b>	<b>Examples</b>
Grains with added fat or oil <sup>v</sup>	To reduce intake of total fat	Fried rice, fried noodle, 'yau mian' (noodle)
Fatty cuts of meat and poultry with skin	To reduce intake of saturated fat	Beef brisket, spare rib, poultry with skin (e.g. chicken wing, chicken thigh)
Full-fat dairy products	To reduce intake of saturated fat	Full-fat milk, full-fat cheese, full-fat yoghurt, evaporated milk (including reduced-fat evaporated milk)
Processed or preserved meat, egg and vegetable products	To reduce intake of total fat and salt	Barbecued pork, bacon, ham, sausage, luncheon meat, egg bean curd, seasoned vegetarian meat, marinated egg, preserved mustard green, ready-to-eat dim sum

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<sup>v</sup> It refers to grains prepared and cooked with more than two teaspoons of fat or oil per serving per person.

Categories of 'Limited Food Items'	Rationale	Examples
Sauce or gravy with high fat, salt or sugar content <sup>vi</sup>	To reduce intake of total fat, salt and sugar	Sauce or gravy made with full-fat dairy products or high salt seasonings (e.g. white sauce made with full-fat milk, teriyaki sauce, Swiss sauce, Chinese marinade), sweet and sour sauce

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<sup>vi</sup> It is recommended to limit the use of sauce or gravy with high fat, salt or sugar content. If such sauce or gravy is necessary, it is advised to serve sparingly and separately from grains.

## **'Strongly Discouraged Food Items'**

6.6 The following food items should not be included in ALL meal choices in order to reduce intake of fat (especially saturated fat and trans fat), salt and sugar by students:

<b>Categories of 'Strongly Discouraged Food Items'</b>	<b>Rationale</b>	<b>Examples</b>
Deep-fried food items	To reduce intake of total fat	French fries, deep-fried pork chop, deep-fried chicken wing or thigh, deep-fried dim sum (e.g. spring roll, samosa), fried bean curd puff
Food items with animal fat or plant sources of saturated fat	To reduce intake of saturated fat	Food items made with butter (including reduced-fat butter), cream (including reduced-fat cream), lard, palm oil, coconut oil, coconut cream, coconut milk or flesh of coconut (e.g. curry sauce made with coconut milk, Portuguese style sauce)

Categories of 'Strongly Discouraged Food Items'	Rationale	Examples
Food items with trans fat	To reduce intake of trans fat	Food items made with hydrogenated vegetable oil, margarine or shortening with trans fat (e.g. pastry, cookie)
Food items with very high salt content	To reduce intake of salt	Salted fish, salted egg, Chinese preserved sausage, Chinese preserved meat
Food items with caffeine or sweeteners (for primary school students only)	<p>Excess intake of caffeine may disturb sleep and lead to situations such as faster heartbeat, hand tremor</p> <p>The sweetness potencies of sweeteners are very high, which may develop students' sweet tooth</p>	<p>Food items made with coffee or tea (e.g. coffee-flavoured bakery products, boiled egg in tea)</p> <p>Food items seasoned with sweeteners or made with ready-made sauces that contain sweeteners</p>

Categories of 'Strongly Discouraged Food Items'	Rationale	Examples
Drinks in 'Snacks to Choose Less' category <sup>vii</sup>	<p>To reduce intake of sugar</p> <p>To avoid intake of caffeine or sweeteners (for primary school students only)</p>	<p>Soft drinks, fruit-flavoured drinks, fruit juices with added sugar, probiotic drinks, tetra-packed drinks (e.g. lemon tea, chrysanthemum tea), sports drinks</p> <p>Coffee, milk tea, green tea, energy drinks, sugar-free or low-sugar soft drinks, low-sugar probiotic drinks</p>

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<sup>vii</sup> Please refer to 'Snacks to Choose Less' in Chapter 6 of the *Nutritional Guidelines on Snacks for Students*.

## 7. Points to Note about Vegetarian Meal Choices

7.1 Vegetarian meal choices in general refer to meal choices that use plants as ingredients and do not contain animal meat and its products. If the vegetarian meal choices do not contain suitable meat alternatives, the meal choices will be low in protein content and thus do not comply with the quantity requirements.

### **Suitable Meat Alternatives**

7.2 Suitable meat alternatives are rich in protein and iron, which are essential nutrients to maintain our health. Examples are as follows:

- Dry beans (e.g. soybean, chickpea, red kidney bean, adzuki bean, black-eyed pea)
- Soy products (e.g. firm tofu, silky tofu, dried bean curd, fresh bean curd sheet, non-deep fried bean curd stick, soybean pulp)
- Seeds and nuts (e.g. sesame, peanut, walnut, cashew nut)

7.3 However, a number of soy products (e.g. fried bean curd, fried bean curd puff, 'vegetarian goose', deep-fried bean curd stick) have been deep-fried and are thus categorised as 'Strongly Discouraged Food Items'. Although other ingredients such as 'vegetarian chicken', 'vegetarian pork' and 'vegetarian ham' have not been deep-fried, they are high in salt content after processing and hence belong to 'Limited Food Items'.

7.4 Schools can, taking into consideration their own contexts, use eggs and low-fat dairy products (e.g. low-fat cheese) to prepare vegetarian meal choices and replace meat as a source of protein.

7.5 Mainly made from high-gluten flour, seitan and 'Kao Fu' are also popular ingredients in vegetarian meal choices. Although they have a high protein content, they lack certain essential amino acids that the body needs. It is therefore advisable to use them only occasionally to replace meat as a source of protein.

7.6 Mushroom, green pea, snow pea, French bean, bean sprout, string bean, etc. are vegetables. They have a much lower protein content than dry beans, therefore they are not suitable meat alternatives.

## **8. Food Arrangement During Festival Celebration Activities at Schools**

8.1 Many traditional festivals are linked with food, such as chocolate eggs at Easter and mooncakes at Mid-Autumn Festival. Teachers may wish to introduce these festive foods to students as part of their learning activities. However, many of these food items belong to the category of high fat, salt or sugar. Should schools prohibit these food items?

8.2 Undeniably, food culture and social meaning should be duly considered. According to the healthy eating principles, we should only eat small amount of food items that are high in fat, salt or sugar. Therefore, teachers need to take note of the following if they consider there is a need to introduce students to or let students consume such festive foods at schools:

- Provide healthier food items as far as possible, such as fruit in Mid-Autumn Festival
- If festive foods that are high in fat, salt or sugar are served, teachers are advised to:
  - explain the nutritional values of these food items before serving to students
  - remind students to take small amount only
  - adhere to the principle of not spoiling the appetite for main meals
- Other food items supplied by lunch suppliers, tuck shops and vending machines should always comply with the nutritional requirements as stated in the *Nutritional Guidelines on Lunch for Students* and the *Nutritional Guidelines on Snacks for Students*

## 9. A Brief Introduction of the Tools for Providing Healthy Lunch in Schools

9.1 In order to assist schools in fostering an environment that is conducive to healthy eating, the DH has developed the tools below (see Appendix 3) and uploaded to the thematic website of the ‘EatSmart@school.hk’ Campaign (<https://school.eatsmart.gov.hk/>) for reference:

- *Handbook of Selection of Lunch Suppliers*
- ‘Classification of Food Items for School Lunch’
- *School Lunch Monitoring Manual* (Chinese version only)
- ‘School Lunch Monitoring Form’ (Chinese version only)

### **Handbook of Selection of Lunch Suppliers**

9.2 As the contract period between schools and lunch suppliers usually last from one to three years, it is essential to choose a competent lunch supplier who can cater for students’ healthy eating.

9.3 When selecting lunch suppliers, schools and parents generally make decisions based on factors such as suppliers’ information, food hygiene, food quality and prices. However, schools and parents are advised to pay attention to the nutritional value of lunches as well as suppliers’ effort in promoting healthy eating among students.

9.4 After consulting various sectors extensively, the DH compiled the *Handbook of Selection of Lunch Suppliers* for schools’ reference.

## **'Classification of Food Items for School Lunch'**

9.5 There is a vast variety of ingredients while lunch suppliers roll out new meal choices one after another. To give school personnel, parents and lunch suppliers a better grasp of food items classification, the DH released the 'Classification of Food Items for School Lunch' to provide more food examples as a reference. Catering committees or teachers responsible for students' catering are advised to preview the monthly menus from lunch suppliers using the 'Classification of Food Items for School Lunch' and discuss with the lunch suppliers for menu improvement so that students can enjoy healthier lunches.

9.6 The DH will review and revise the 'Classification of Food Items for School Lunch' in a timely manner to ensure the latest trend for use of ingredients is reflected.

## ***School Lunch Monitoring Manual and 'School Lunch Monitoring Form'***

9.7 Through monitoring the nutritional quality of school lunches regularly and recording the observations objectively, schools can make use of the relevant data to reflect their opinions to lunch suppliers and ensure the nutritional quality of lunches. Schools are advised to conduct a one-week (five consecutive school days) nutritional monitoring on lunch for at least four times in each school year. The *School Lunch Monitoring Manual* lists out the procedures of lunch monitoring and demonstration on how to use and apply the 'School Lunch Monitoring Form' for schools' reference.

## 10. References

1. World Health Organization (2003). Diet, nutrition and the prevention of chronic diseases: report of a joint WHO/FAO expert consultation, Geneva, 28 January - 1 February 2002. World Health Organization.  
Available at: <https://iris.who.int/handle/10665/42665>
2. Chinese Nutrition Society (2022). *Dietary Guidelines for Chinese School-aged Children*. Beijing: People's Medical Publishing House.
3. Institute of Medicine (2010). School Meals: Building Blocks for Healthy Children. Washington, DC: The National Academies Press.  
Available at:  
<https://nap.nationalacademies.org/catalog/12751/school-meals-building-blocks-for-healthy-children>
4. Centre for Health Protection, Department of Health, Hong Kong SAR. Healthy Eating Food Pyramid for Children 6 - 11 years old. Available at: [https://www.chp.gov.hk/files/her/exn\\_nutp\\_028bp.pdf](https://www.chp.gov.hk/files/her/exn_nutp_028bp.pdf)
5. Centre for Health Protection, Department of Health, Hong Kong SAR. Healthy Eating Food Pyramid for Adolescents 12 - 17 years old.  
Available at:  
[https://www.chp.gov.hk/files/her/exn\\_nutp\\_029bp.pdf](https://www.chp.gov.hk/files/her/exn_nutp_029bp.pdf)

## 11. Acknowledgements

### **‘EatSmart@school.hk’ Campaign Steering Committee**

- Union of Government Primary School Headmasters and Headmistresses
- Food and Environmental Hygiene Department
- Subsidized Primary Schools Council
- The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong
- Hong Kong College of Cardiology
- Hong Kong Association for the Study of Obesity
- Hong Kong Special Schools Council
- Hong Kong Education City
- Hong Kong Aided Primary School Heads Association
- Hong Kong Dietitians Association
- Hong Kong Nutrition Association
- Committee on Home-School Co-operation
- Education Bureau

(Listed according to the number of strokes of the Chinese characters)

For enquiries or suggestions on the Guidelines, please email us at [eatsmart\\_school@dh.gov.hk](mailto:eatsmart_school@dh.gov.hk). For more health information, please visit the thematic website of 'EatSmart@school.hk' Campaign of the DH (<https://school.eatsmart.gov.hk>) or call the Health Education Infoline of the DH on 2833 0111.

*Revised in 2025*

## 12. Appendices

### Appendix 1: Examples of Serving Size

Food Groups	Recommended Servings of Lunch for				Examples of 1 Serving
	Primary 1 to 3 Students	Primary 4 to 6 Students	Female Secondary Students of All Forms and Form 1 to 2 Male Students <sup>1</sup>	Form 3 or above Male Students <sup>1</sup>	
Grains	At least 4 servings	At least 5 servings	At least 5 servings	At least 8 servings	<ul style="list-style-type: none"> <li>Rice, cooked = <math>\frac{1}{5}</math> bowl</li> <li>Rice noodle or udon, cooked = <math>\frac{1}{5}</math> bowl</li> <li>Egg noodle, cooked = <math>\frac{1}{4}</math> bowl</li> <li>Spaghetti or macaroni, cooked = <math>\frac{1}{3}</math> bowl</li> <li>Bread = <math>\frac{1}{2}</math> slice</li> </ul>
Vegetables	At least 1 serving	At least 1 serving	At least 1 $\frac{1}{2}$ servings	At least 1 $\frac{1}{2}$ servings	<ul style="list-style-type: none"> <li>Leafy vegetables (e.g. lettuce), raw = 1 bowl</li> <li>Leafy vegetables (e.g. Chinese cabbage, spinach), cooked = <math>\frac{1}{2}</math> bowl</li> <li>Gourds (e.g. wax gourd, zucchini), cooked = <math>\frac{1}{2}</math> bowl</li> <li>Mushroom, cooked = <math>\frac{1}{2}</math> bowl</li> </ul>
Meat, fish, egg and alternatives	1 to 2 servings	1 $\frac{1}{2}$ to 2 $\frac{1}{2}$ servings	1 $\frac{1}{2}$ to 2 $\frac{1}{2}$ servings	2 to 3 servings	<ul style="list-style-type: none"> <li>Beef, pork, chicken, fish, cooked <math>\approx</math> 4 slices <math>\approx</math> 30 g</li> <li>Shrimp, cooked <math>\approx</math> 30 g</li> <li>Egg = 1 piece</li> <li>Firm tofu = <math>\frac{1}{4}</math> block</li> <li>Dry beans (e.g. red kidney bean, chickpeas), cooked = 6 to 8 tablespoons</li> </ul>
Fruits <sup>2</sup>	At least 1 serving	At least 1 serving	At least 1 serving	At least 1 serving	<ul style="list-style-type: none"> <li>Kiwi fruit = 2 small-sized</li> <li>Orange, apple = 1 medium-sized</li> <li>Banana = <math>\frac{1}{2}</math> large-sized</li> <li>Grapes = <math>\frac{1}{2}</math> bowl</li> <li>Dried fruit without added sugar (e.g. raisin) = 1 tablespoon</li> </ul>
Fat/oil (Added during food preparation and cooking)	Maximum of 2 servings	Maximum of 2 servings	Maximum of 2 servings	Maximum of 2 servings	<ul style="list-style-type: none"> <li>Vegetable oils (e.g. corn oil, peanut oil) = 1 teaspoon</li> <li>Salad dressing = 1 tablespoon</li> </ul>

Remark: 1 teaspoon  $\approx$  5 ml; 1 tablespoon  $\approx$  15 ml; 1 bowl = 250-300 ml

<sup>1</sup> Students are in the growth and development stage. Their daily energy requirements vary due to different age, gender, body height, body weight, activity level and health conditions. Please refer to the above recommended servings of lunch. If students still feel hungry after lunch, they may consider consuming extra amount of vegetables and small amount of grains.

<sup>2</sup> Students are recommended to eat at least one serving of fruit at school to fulfil the requirement of eating two servings of fruits a day. Schools should discuss with lunch suppliers and parents for practical arrangements. It is encouraged to provide whole fruit instead of fruit juices to increase dietary fibre intake and reduce sugar intake. Pure fruit juice is a 'Limited Food Item', which can be served no more than 2 school days in a week with 4 or 5 school days. The serving size of pure fruit juice each time should not exceed  $\frac{1}{4}$  glass (approximately 180 ml).

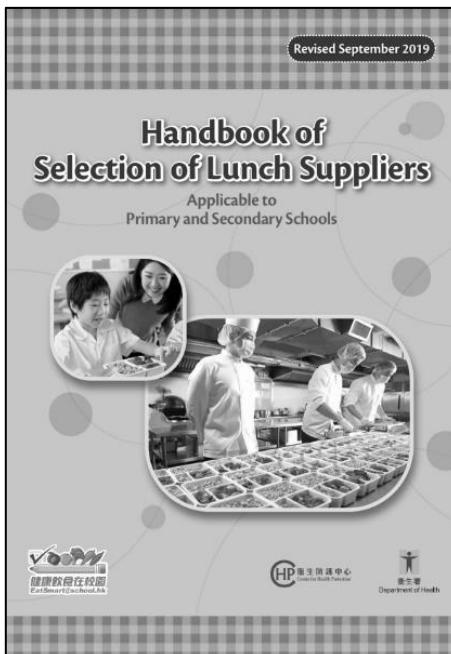
## Appendix 2: Healthy Lunch Box Checklist

Please tick the appropriate box(es). The lunch box fulfilled the basic nutritional requirements if 'Yes' is chosen for the criteria listed in items 1 to 17. It would be more ideal if the criteria listed in items 18 to 19 are also fulfilled at the same time.

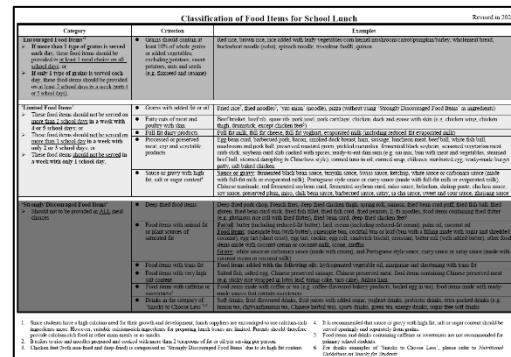
Name of lunch supplier:		Name of meal choice:		Name and post of assessor:		Date:	
Criteria of Healthy Lunch Boxes				Yes	No	Remarks	
<b>Quantity Requirements and Good Practices</b>							
1.	The ratio of grains, vegetables, and meat, fish, egg and alternatives to the volume of lunch box is 3:2:1 (i.e. grains is the most, vegetables is less and meat, fish, egg and alternatives is the least)					<input type="checkbox"/>	<input type="checkbox"/>
2.	Provide at least one serving of vegetables (e.g. half bowl of cooked leafy vegetables, gourds or mushroom)					<input type="checkbox"/>	<input type="checkbox"/>
3.	Use only small amount of healthy and non-hydrogenated vegetable oils (e.g. corn oil, canola oil, olive oil, peanut oil) during food preparation and cooking					<input type="checkbox"/>	<input type="checkbox"/>
4.	Remove all visible animal fat and skin					<input type="checkbox"/>	<input type="checkbox"/>
5.	Use more natural ingredients, herbs and spices					<input type="checkbox"/>	<input type="checkbox"/>
6.	Do not provide dessert					<input type="checkbox"/>	<input type="checkbox"/>
<b>'Strongly Discouraged Food Items'</b>							
7.	Do not provide deep-fried food items (e.g. French fries, deep-fried pork chop, spring roll)					<input type="checkbox"/>	<input type="checkbox"/>
8.	Do not provide food items with animal fat or plant sources of saturated fat (e.g. food items made with butter, cream, lard, palm oil, coconut oil, coconut cream, coconut milk or flesh of coconut)					<input type="checkbox"/>	<input type="checkbox"/>
9.	Do not provide food items with trans fat, such as food items made with margarine or shortening with trans fat (e.g. pastry, cookie)					<input type="checkbox"/>	<input type="checkbox"/>
10.	Do not provide food items with very high salt content (e.g. salted fish, salted egg, Chinese preserved sausage, Chinese preserved meat)					<input type="checkbox"/>	<input type="checkbox"/>
11.	Do not provide food items with caffeine (e.g. coffee-flavoured bakery products, boiled egg in tea) or sweeteners (e.g. food items seasoned with sweeteners or made with ready-made sauces that contain sweeteners) (for primary school students only)					<input type="checkbox"/>	<input type="checkbox"/>
12.	Do not provide drinks in 'Snacks to Choose Less' category* (e.g. soft drinks, fruit-flavoured drinks, fruit juices with added sugar, probiotic drinks, tetra-packed drinks)					<input type="checkbox"/>	<input type="checkbox"/>
<b>'Limited Food Items'</b>							
13.	Do not use grains with added fat or oil (e.g. fried rice, fried noodle)					<input type="checkbox"/>	<input type="checkbox"/>
14.	Do not use fatty cuts of meat (e.g. beef brisket, spare rib) and poultry with skin (e.g. chicken wing, chicken thigh)					<input type="checkbox"/>	<input type="checkbox"/>
15.	Do not use full-fat dairy products (e.g. full-fat milk, full-fat cheese, full-fat yoghurt, evaporated milk)					<input type="checkbox"/>	<input type="checkbox"/>
16.	Do not use processed or preserved meat, egg and vegetable products (e.g. barbecued pork, bacon, ham, sausage, seasoned vegetarian meat, preserved mustard green)					<input type="checkbox"/>	<input type="checkbox"/>
17.	Do not use sauce or gravy with high fat, salt or sugar content (e.g. sweet and sour sauce, sauce or gravy made with full-fat dairy products or high-salt seasonings)					<input type="checkbox"/>	<input type="checkbox"/>
<b>'Encouraged Food Items'</b>							
18.	Grains contain at least 10% whole grains or added vegetables (e.g. brown rice, red rice, rice added with leafy vegetables or corn kernel)					<input type="checkbox"/>	<input type="checkbox"/>
19.	Calcium-rich ingredients (e.g. low-fat milk, low-fat plain yoghurt, low-fat cheese, firm tofu)					<input type="checkbox"/>	<input type="checkbox"/>

\* Please refer to the 'Snacks to Choose Less' in Chapter 6 of the *Nutritional Guidelines on Snacks for Students*.

## Appendix 3: Tools for Promoting Healthy Lunch Provision in Schools



## *Handbook of Selection of Lunch Suppliers*



## ‘Classification of Food Items for School Lunch’



## *School Lunch Monitoring Manual* (Chinese Version Only)



## ‘School Lunch Monitoring Form’ (Chinese Version Only)



「健康飲食在校園」運動  
"EatSmart@school.hk" Campaign



午膳食品分類表  
Classification of Food Items for School Lunch



《學生午膳營養指引》  
Nutritional Guidelines on Lunch for Students