

學校健康飲食政策

政策聲明：

本校致力向學生、教職員及家長持續推廣健康飲食的重要性，建立一個健康飲食的環境，鼓勵他們養成良好飲食習慣，並在生活中實踐。

本校將執行下列措施以落實上述政策聲明。

行政

- 學校委任最少一名專責教職員統籌一個包括家長的委員會或小組，協助制定及執行學校健康飲食政策。
- 每學年向教職員、家長和學生通告學校健康飲食政策及各項措施。
- 每學年檢視和修訂學校健康飲食政策及各項措施的執行情況。
- 向負責「健康飲食在校園」運動的老師提供支援，以便有充分的時間籌備活動及參與相關的培訓。
- 委員會或小組負責監察午膳供應商是否符合衛生署健康及衛生的標準，並根據監察結果，要求供應商或承辦商跟進及改善。

午膳

- 選擇午膳供應商時，需優先考慮午膳餐盒的營養質素，具體方法是參考衛生署編制的《選擇學校午膳供應商手冊》。
- 與午膳供應商所簽訂的合約中，必須訂明所有午膳餐盒均需按衛生署編制的《學生午膳營養指引》的營養建議製作。
- 每月向學生和家長公布午膳餐單前，學校需事先檢視午膳餐單，確保每款午膳提供最少一份蔬菜、不含「強烈不鼓勵供應的食品」和不供應甜品。
- 每月向學生和家長公布已核准的午膳餐單，包括營養資料，讓他們在知情的情況下作出選擇。
- 每學年應進行最少四次午膳營養監察，每次應為期一週（即連續五個上課天），以監察所有午膳餐盒是否符合《學生午膳營養指引》的營養建議，可利用或參考衛生署提供的「學校午膳營養監察表格及意見表」作出記錄，向午膳供應商反映監察的結果，並於有需要時要求作出改善。該記錄應保存直至合約完結。

- 鼓勵自備午膳的學生家長參考《學生午膳營養指引》製作午膳餐盒，強調午膳餐盒應提供最少一份蔬菜、不含「強烈不鼓勵供應的食品」（例如油炸食品、鹽分極高的食品）。
- 如發現學生自備的午膳不符合學校健康飲食政策，學校將向家長反映並建議改善。
- 提供舒適的環境及充裕的時間給學生及教職員進食午膳。
- 推廣進食水果的習慣，與午膳供應商及家長擬定供應水果的安排（學生自備或由午膳供應商提供），令學生在校內每天進食最少一份水果。

小食安排（包括食品和飲品）

- 選擇小食供應商時，需優先考慮小食的營養質素，具體方法是參考衛生署編制的《學生小食營養指引》。
- 鼓勵家長參考《學生小食營養指引》，切勿提供「少選為佳」（即脂肪、鹽或糖含量高的食物，以及含咖啡因或甜味劑（代糖））的食物和飲品，例如薯片、朱古力、汽水、茶、咖啡。家長可預備新鮮水果、焗雞蛋或乾焗原味果仁等健康小食，強調學生應在不影響進食下一頓正餐的胃口為原則，適量進食小食。
- 禁止在校內推廣「少選為佳」的小食及拒絕接受食品製造商或供應商贊助校內活動。
- 小食供應商應多推廣「適宜選擇」的小食，並擺放該類小食於當眼位置。
- 鼓勵學生多喝清水，確保學生能享用可安全飲用的食水。
- 如發現學生自備的小食不符合學校健康飲食政策，學校將向家長反映並建議改善。
- 不要以食物作獎賞，避免違背健康飲食的習慣及信息。

教學及宣傳

- 每學年推行至少一項推廣健康飲食的活動，特別是促進家校企合作的活動。
- 校方積極參考可信的營養教育資料，例如衛生署、相關學術或專業團體發出的資訊，並於學年內向家長和教職員提供營養教育資訊，提高他們對健康飲食的認識與關注。
- 將營養和健康飲食教育元素融入校本課程中，以及相關學習領域或學科的教學大綱。
- 鼓勵家長和教職員以身作則，於日常生活中實踐健康飲食的習慣，作學生的良好榜樣。
- 鼓勵學生每學年到衛生署學生健康服務中心接受包括身體檢查，以及與生長、營養、視力、聽覺和脊柱等有關的健康服務。

School Healthy Eating Policy

Policy Statement:

Our school is committed to promoting the importance of healthy eating to our students, school staff and parents on a long-term basis by establishing a healthy eating environment, encouraging them to develop good eating habits and putting the habits into practice in daily life.

Our school will adopt the following measures in order to implement the above policy statement.

School Administration

- To appoint at least one designated school staff to coordinate a committee or group with parents as members to assist in formulating and implementing the school healthy eating policy.
- To inform school staff, parents and students of the school healthy eating policy and various measures in every school year.
- To review and revise the school healthy eating policy and implementation of various measures in every school year.
- To support the teachers-in-charge of “EatSmart@school.hk” Campaign so that they have adequate time to organise activities and attend related trainings.
- To conduct monitoring on whether the lunch supplier is in compliance with the health and hygiene standards of the Department of Health (DH). The school shall reflect the monitoring results to the supplier or contractor and request for follow-ups and improvements according to the monitoring result.

Lunch Arrangement

- To give a higher priority to the nutritional quality of lunch boxes when selecting a lunch supplier. Schools may make reference to the Handbook of Selection of Lunch Suppliers published by the Department of Health (DH).

- To stipulate in the signed contract with the lunch supplier that all lunch boxes shall be prepared in compliance with the nutritional recommendations of the Nutritional Guidelines on Lunch for Students published by the DH.
- To review lunch menus before releasing them to students and parents in each month to ensure that each meal choice provides at least one serving of vegetables, no “Strongly Discouraged Food Items” and desserts are provided.
- To provide students and parents with approved lunch menu with nutritional information in each month so that informed choice could be exercised.
- To conduct nutritional monitoring on lunch for at least four times in every school year. Each monitoring shall last for one week (five consecutive school days) to monitor whether all lunch boxes are in compliance with the nutritional recommendations in the Nutritional Guidelines on Lunch for Students. The school shall keep record by using or making reference to the “School Lunch Monitoring and Feedback Form (Chinese Version Only)” provided by the DH, reflect the monitoring results to the lunch supplier and request for improvement if needed. Such records should be duly kept until the end of the contract.
- To encourage parents who prepare homemade lunch boxes to make reference to the Nutritional Guidelines on Lunch for Students, which stresses on the provision of at least one serving of vegetables, avoidance of “Strongly Discouraged Food Items” (e.g. deep-fried food items, food items with very high salt content), as well as desserts.
- To adopt the agreed measures between the school and parents in handling cases where the homemade lunch box of the student failed to comply with the school healthy eating policy.
- To provide a comfortable environment and sufficient time for students and school staff to have lunch.
- To make arrangement of fruit provision (self-prepared or provided by lunch supplier) with lunch supplier and parents to promote the habit of fruit intake. Students are recommended to eat at least one serving of fruit at school every day.

Snack Arrangement (Including Food and Drinks)

- To give a higher priority to the nutritional quality of snacks when selecting a snack supplier. Schools may make reference to the Nutritional Guidelines on Snacks for Students published by the DH.
- To encourage parents to make reference to the Nutritional Guidelines on Snacks for Students and avoid providing “Snacks to Choose Less” , including food and drinks high in fat, salt or sugar, as well as those containing caffeine or sweeteners (sugar substitutes), e.g. potato chips, chocolates, soft drinks, tea, coffee. Encourage parents to prepare healthy snacks such as fresh fruit, boiled eggs or dry-roasted plain nuts. Emphasise that students should take moderate amount of snacks only if it shall not affect the appetite for the next main meal.
- To forbid the promotion of “Snacks to Choose Less” food items at school and reject school activity sponsorship offered by food manufacturers or suppliers.
- Snack suppliers shall promote “Snacks of Choice” and display such snacks in a prominent position.
- To encourage students to drink more water and ensure students can access to potable water.
- To adopt the agreed measures between the school and parents in handling cases where the snacks brought by student failed to comply with the school healthy eating policy.
- To avoid using food as a reward, which delivers contradictory messages to healthy eating habits.

Education and Publicity

- To organise at least one activity that promote healthy eating in every school year, especially activities promoting the cooperation among families and schools.
- To make reference to credible nutrition education materials such as materials provided by the DH or relevant academic or professional organisations, and provide such materials to parents and school staff in every school year to enhance their understanding and awareness on healthy eating.

- To incorporate nutrition and healthy eating elements in school curriculum and related subjects.
- To encourage parents and school staff to practice healthy eating habits in daily life so as to become a good role model to students.
- To encourage students to attend the physical examination and related health service on areas such as growth, nutrition, vision, hearing and spine offered by the Student Health Service Centre of the DH every school year.