

有關【推動校園健康飲食】事宜

各位家長：

健康飲食有助促進學生健康成長，對預防肥胖、心臟病、糖尿病和一些癌症等慢性疾病至為重要，惟現時本港學生因種種原因，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）普遍率於二零二三／二四學年為16.4%，所以培養學生保持良好飲食習慣已是刻不容緩。

現透過本函通告貴家長，為使本校學生能健康成長和提升他們的學習能力，本校已參與由衛生署舉辦的「至『營』學校認證計劃」¹，透過執行各項措施落實早前訂定的「學校健康飲食政策」²，以營造一個健康飲食環境，幫助學生養成良好飲食習慣。為鼓勵學生在生活中實踐健康飲食，希望貴家長能與我們攜手合作，作出配合，詳情如下：

- 一. 自行預備午膳餐盒予學生的家長，請參考《學生午膳營養指引》³。午膳餐盒應提供最少一份蔬菜（即半碗煮熟的蔬菜）、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）及不供應甜品。穀物類、蔬菜類和肉、魚、蛋及代替品佔餐盒容量的比例應是**3:2:1**（即最多是穀物類，其次是蔬菜類，最少是肉、魚、蛋及代替品）。
- 二. 在小食安排方面，請參考《學生小食營養指引》³。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、牛油曲奇、糖果、汽水、加糖果汁、茶、咖啡。家長可預備新鮮水果、焗雞蛋、乾焗原味果仁、無添加糖的低脂奶、高鈣低糖豆漿等作為健康小食。家長亦可到香港營養學會網站的「有『營』小食資料庫」⁴，查閱在市面有售而符合「適宜選擇」或「限量選擇」定義

¹ 「至『營』學校認證計劃」詳情可參閱「健康飲食在校園」運動專題網站 (<https://school.eatsmart.gov.hk>)

² 「學校健康飲食政策」詳情可參閱學校網頁 (<http://www.hokshan.edu.hk/tc/>)

³ 《學生午膳營養指引》和《學生小食營養指引》詳情可參閱衛生署「健康飲食在校園」運動專題網站

⁴ 「有『營』小食資料庫」 (https://school.eatsmart.gov.hk/b5/content_esas.aspx?id=6135)

的小食。此外，家長還可以利用衛生署「健康飲食在校園」運動專題網站的「至『營』小食站」⁵，為附營養標籤的包裝小食進行營養分類。請注意，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。

- 三. 除本校為學生提供的水果（每星期兩次）外，希望家長能**鼓勵和確保學生每天進食最少2份水果**。

如欲知道更多健康飲食方面的資訊，請參閱衛生署「健康飲食在校園」運動專題網站（<https://school.eatsmart.gov.hk>）或本校網頁（<http://www.hokshan.edu.hk/tc/>）。

敬希 貴家長垂注。

⁵ 「至『營』小食站」 (https://school.eatsmart.gov.hk/b5/content_esas.aspx?id=6131)

Promotion of Healthy Eating in School

Dear Parents,

Healthy eating promotes students' growth and prevents chronic diseases such as obesity, heart disease, diabetes and certain types of cancers. However, the principles of healthy eating are not commonly practiced among local students due to various reasons. Information from the Department of Health (DH) revealed that the prevalence of being overweight (including obesity) among primary students was 16.4% in the 2023/24 school year. Therefore, it is necessary to develop and maintain good eating habits among students.

To help our students grow healthily and enhance their learning abilities, the school has already joined the "EatSmart School Accreditation Scheme"¹ organised by the DH. Through adopting various measures to implement the "School Healthy Eating Policy"² set out earlier and cultivate a healthy eating environment, we hope that our students could develop good eating habits. To encourage students to put healthy eating into practice in daily life, we hope that parents go hand in hand and cooperate with us. Details are as follows:

1. Parents who **prepare lunch boxes** for their children should refer to the "*Nutritional Guidelines on Lunch for Students*"³. Lunch boxes **should provide at least one serving of vegetables** (that is half a bowl of cooked vegetables), **should not contain "Strongly Discouraged Food Items"** (for example deep-fried food, food with very high salt content) and **should not provide desserts**. The **ratio** of grains, vegetables and meat, fish, eggs and alternatives **to the volume of lunch box** should be **3:2:1**, which implies that grains should consist of the largest amount, followed by vegetables and meat, fish, eggs and alternatives.
2. Parents should make reference to the "*Nutritional Guidelines on Snacks for Students*" **錯誤! 尚未定義書籤。** regarding snacks arrangement. **Do not provide "Snacks to Choose Less", including food and drinks high in fat, salt or sugar, as well as those contain caffeine or sweeteners (sugar substitutes),** such as potato chips, chocolate, butter cookies, sweets, soft drinks, juice with added sugars, tea, and coffee. Parents can prepare healthy snacks, including fresh fruit, boiled eggs, dry-roasted plain nuts, low-fat milk without added sugar, and high-calcium low-sugar soy drinks. Parents can also refer to the "**Database of Prepackaged Snacks**"⁴ on the website of the Hong Kong Nutrition Association for the snacks available in the market that fulfill the definition of "**Snacks of Choice**" or "**Snacks to Choose in Moderation**". In addition, parents can make use of the

“Healthy Snack Checker”⁵ on the “EatSmart@school.hk” Campaign thematic website of the DH to conduct nutritional classification for prepackaged snacks with nutrition labels. Please note that students should take moderate amount of snacks only if it does not affect the appetite for the next main meal.

3. Besides the fruit provided by the school (twice per week), we hope that parents can **encourage and ensure students to eat at least two servings of fruit every day.**

To learn more about healthy eating, please visit the thematic website of the “EatSmart@school.hk” Campaign of the DH (<https://school.eatsmart.gov.hk>) or school website (<http://www.hokshan.edu.hk/tc/>).

Thank you very much for your attention.

¹ Please visit the "EatSmart@school.hk" Campaign thematic website (<https://school.eatsmart.gov.hk>) for details of the “EatSmart School Accreditation Scheme”.

² Please visit our school website (<http://www.hokshan.edu.hk/tc/>) or details of the “School Healthy Eating Policy”.

³ For [Nutritional Guidelines on Lunch for Students](#) and [Nutritional Guidelines on Snacks for Students](#), please

visit the "EatSmart@school.hk" Campaign thematic website.

⁴ "Database of Prepackaged Snacks" (https://school.eatsmart.gov.hk/en/content_esas.aspx?id=6135)

⁵ "Healthy Snack Checker" (https://school.eatsmart.gov.hk/en/content_esas.aspx?id=6131)