

Dear Parents and Guardians,

**Circular on Promotion of Healthy Eating in School**6<sup>th</sup> September, 2023

To help our children grow healthily, our school has already joined the "EatSmart School Accreditation Scheme" organised by the Department of Health in 20-21 academic year. By implementing the "Healthy Eating School Policy and cultivating a healthier school environment, we very much hope that our students will benefit. To acknowledge the efforts made by our school which demonstrated all-round commitment in promotion of healthy eating, a status of "EatSmart School" was commended. Accredited by the Department of Health in May 2021, our school obtained

1. The Basic Level Accreditation
2. Advanced Level Accreditation (Lunch)
3. Advanced Level Accreditation (Snacks).

The above qualifications are valid for 3 years. Our school ultimately becomes an ideal EatSmart School (The highest level of accreditation status). To achieve the end of helping our children grow healthily, your support is indispensable and your attention is drawn to the following points:

1. According to the contract signed between the school and the lunch supplier, it has been prescribed that all lunches are produced in accordance with the standard laid down in the Nutritional Guidelines on Lunch for Students, i.e. all lunch sets should contain at least one serving of vegetables (i.e. half bowl of cooked vegetables), do not contain "Strongly Discouraged Food Items" and desserts. Examples of such items include foods that have been deep-fried and items high in salt, like salted fish, salted egg or smoked sausage. At the same time, the volume of grains, vegetables and meat (or its substitute) should be in the ratio of 3:2:1, which implies that the major ingredient of a lunch set should be rice or pasta, followed by vegetables, and meat (or its substitute) should only make up the smallest portion. Parents who prepare lunch set for their children should follow the above guidelines.
2. Parents should also make reference to the standard specified in the Nutritional Guidelines on Snacks for Students when preparing snacks for children, meaning that you should totally avoid items classified as "Snacks to Choose Less", such as French fries, chocolates, butter cookies, candies, sodas, fruit juices with added sugars or food and beverages high in oil, salt or sugar content. Examples of healthier snacks include fresh fruit, boiled egg, low-fat milk, low-sugar soy milk or plain biscuit. You can also check the "Database of Prepackaged Snacks" at the website of "Hong Kong Nutrition Association" for available "Green Light Snacks" and "Yellow Light Snacks" in the market. In addition, you may wish to learn that the DH's "Snack Nutritional Classification Wizard" can help you to classify pre-packaged snacks according to guideline. Last but not least, please bear in mind that the amount and timing of snack should not affect children's appetite for their next meal.
3. In addition to the fruit provided by the lunch supplier once a week, parents should also encourage their children to take one to two medium-sized fruit a day.

Parents can scan the QR code to know more about the "EatSmart@school.hk" Campaign. For enquiry, please contact Ms. POON Yuk Chi.



Yours faithfully,

*Chow Kim Ho*Chow Kim Ho  
Principal

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Tsuen Wan Trade Association Primary School  
Reply Slip of Circular 22-101/J06 < Return it to the class teacher >

**Circular on Promotion of Healthy Eating in School**

Dear Principal,

I have acknowledged the above mentioned circular regarding Promotion of Healthy Eating in School.

Parent's Opinion (if any): \_\_\_\_\_

Student's Name : \_\_\_\_\_ ( )

Parent's Signature : \_\_\_\_\_

Class : \_\_\_\_\_

Date : \_\_\_\_\_