

Dear parents and guardians,

Circular on Promotion of Healthy Eating in School

To help students grow healthily, our school has already joined the "EatSmart School Accreditation Scheme" organised by the Department of Health in 24-25 academic year for 3 years. Through the implementation of various measures, we implement the school-based "Healthy Campus Policy" to create a good eating environment and help students develop good eating habits. After the joint efforts of the school, parents, and students, the school was awarded the relevant qualification by the Department of Health in May 2025 and was successfully recognized as a "Healthy School" (the highest level of honor in the program). The qualifications obtained include:

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

Therefore, school expects parents to join us in teaching and encouraging students to practice Healthy eating in their daily lives. When preparing lunch or snacks for your children, parents should refer to the guidelines provided by the Department of Health:

1. About the luncheon arrangements

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 deep-fried foods 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. Snack arrangements

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. Fruit arrangements

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"



For enquiries, please contact Ms. Leung Sze Nga.

Yours faithfully,

*Chow Kim Ho*Chow Kim Ho
Principal

Tsuen Wan Trade Association Primary School

Reply Slip of Circular 25-013/N06 <Please return it to Ms. Leung Sze Nga via 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.

Parents' remarks (if any): _____

Student's Name : _____ ()
Class : _____Parent's Signature : _____
Date : _____