


 Are You Ready? 

Dear Parents,

How are you? We are the mascots of the Department of Health, EatSmart Doggie and Sporty Bunny.

In this new school year 2015/2016, the “StartSmart@school.hk” campaign, which is jointly organised by the Department of Health, Education Bureau and Leisure and Cultural Services Department, is going to promote a healthy lifestyle, consisting of healthy eating and active living habits. This campaign will be promoted through preschool institutions, targeting preschool children aged two to six and their parents. The themes of this school year are



“Eat snacks only once between main meals”

and



“Do more parent-child activities”

As some parents might worry that their children would be hungry, they offer snacks to their children several times a day. However, they may not pay attention to the portion sizes and the nutrition values of the snacks given. This may spoil children’s appetite for main meals and prevent them from absorbing adequate nutrients. To expand parents’ knowledge in this area, we are going to provide practical health information on the proper ways to offer snacks to children in subsequent publications of “**Letter to Parents**”.

Besides, parent-child activities does not only help accumulate the daily recommended 3-hour activity levels of children, but also help develop the stamina of children and enhance parent-child relationship. We shall continue to write you letters and share how we can integrate physical activities into parent-child activities and let the children do more physical exercises together.

We hope to work closely with parents to implement the themes of this school year, i.e. offer the right amount of healthful snacks to children timely and do more physical exercises with children. The new school year has started. Are you ready?

Yours faithfully,

**EatSmart Doggie and Sporty Bunny**



Please browse our website:  
[www.startsmart.gov.hk](http://www.startsmart.gov.hk)



衛生署  
Department of Health

Let's colour the objects

