

Preface:

Balanced diet is an important foundation for building children's health, whereas schools are important places for nurturing and developing young children's healthy eating habits. In this context, the Department of Health encourages all pre-primary institutions to design menus with reference to the "Nutrition Guidelines for Children Aged 2 to 6" under the "StartSmart@school.hk" Campaign, so as to make campus environment friendly towards healthful diets and to make the diets of pre-primary pupils conforming to the "3 Low 1 High" (i.e. low fat/oil, low salt, low sugar and high dietary fibre) healthy eating principle.

Summer is coming, so what shall we consider when designing healthful and seasonal menus? Let us take a look at the distinctive examples below:

1. Preparing dishes with a variety of summer vegetables, such as zucchini, hairy gourds, wax gourds, cucumbers, sponge gourds, and Chinese spinach, can increase children's chances of trying different vegetables.
2. Preparing dishes with a variety of summer fruits, e.g. cantaloupes, papayas, watermelons, honeydew melons, and mangos, can widen children's knowledge on fruit varieties.
3. When preparing lunch and snack with fruits, e.g. mangoes, apples, strawberries, bananas, and watermelons, it can bring sense of novelty to children and encourage them to increase fruit intake from different occasions and dishes.
4. When natural ingredients, e.g. Chinese wolfberries, dried dates, shiitake mushrooms, carrots, corns, lily bulbs, and pumpkins, can enhance food flavours and reduce the use of seasonings like salt and sugars.
5. Preparing breakfast and snack with different types of foods can not only allow children to have more comprehensive nutrition intake, but also increase the varieties of menus.
6. The following menus are designed in accordance with the recommendations from the "Healthy Eating Food Pyramid" supplying the nutrients from all food categories required by young children, hence achieving balanced nutrition.

To learn more about the recommendations on healthful food ingredients and cooking methods, please refer to the "Nutrition Guidelines for Children Aged 2 to 6" under the "StartSmart@school.hk" Campaign:


<http://startsmart.gov.hk/files/pdf/nutritional-eng.pdf>



Example of Summer Menus

| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|--|--|---|
| Breakfast | Corn flakes + Low-fat milk | Piggy bun + Low-fat milk | Macaroni with hairy gourd and shredded pork | Oatmeal with egg drop in low-fat milk | Congee with shiitake mushrooms and chicken② |
| Morning Snacks | Cantaloupe | Banana | Apple | Dragon fruit | Orange |
| Lunch | Stir-fried chicken fillets with zucchini and onions② | Steamed ground pork with diced carrots and water chestnuts + Stir-fried baby pak choi | Beef tenderloin with mango and enokitake mushrooms④ + Blanched choi sums | Stir-fried fish fillets with broccoli and bell peppers | Rice vermicelli fried with Chinese long beans, Jew's ears and dried tofu + Blanched lettuce |
| Afternoon Tea⑥ | Spaghetti with baby cabbage and pork meat balls in soup① | Tuna and tomato sandwich | Boiled corns③ + Calcium-fortified low-sugar soy milk | Peanut buttered sandwich | Steamed bun + Calcium-fortified low-sugar soy milk |
| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Low-fat cheese sandwich | Raisin wheat bread + Low-fat milk | Conchiglie with cauliflower and beef | Oatmeal with raisins in low-fat milk④ | Congee with Chinese spinach and dried fingerlings |
| Morning Snacks | Kiwifruit | Apple | Orange | Watermelon | Banana |
| Lunch | Steamed eggs with cellophane noodles + Stir-fried Shanghai pak choi | Diced chicken with strawberries and baby corns④ + Broiled baby cabbage | Stir-fried pork slices with sponge gourd and Jew's ears | Braised tofu with corns, celeries and diced cucumber | Braised noodles with cabbage, straw mushrooms and shredded beef tenderloin |
| Afternoon Tea⑥ | Udon soup with choi sums and tofu skin | Brown rice congee with lettuce and fish | Cherry tomatoes③ + Calcium-fortified low-sugar soy milk | Egg sandwich | Broiled sweet potato③ + Low-fat milk |



| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|---|---|--|--|
| Breakfast | Corn flakes + Low-fat milk | Oat bread + Low-fat milk | Alphabet pasta with wax gourd and mince pork | Oatmeal with egg drop in low-fat milk | Congee with carrot, cucumber and lean pork |
| Morning Snacks | Papaya | Orange | Dragon fruit | Green grapes | Strawberries |
| Lunch | Apple pork chops ⁴ + Broiled broccoli | Stir-fried beef with Chinese long beans and lily bulbs + Steamed eggplant with garlics ² |  Stir-fried shrimps with sugar snap peas and cucumbers | Steamed chicken with dried dates, Chinese wolfberries and shiitake mushrooms ² + Stir-fried baby pak choi | Braised penne with pumpkin, assorted vegetables and chickpeas |
| Afternoon Tea ⁶ | Rice vermicelli with reddish and shredded chicken in soup | Tuna and tomato sandwich | Boiled corn ³ + Calcium-fortified low-sugar soy milk | Sandwich with banana and peanut butter ⁴ | Steamed bun + Calcium-fortified low-sugar soy milk |
| Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast | Low-fat cheese sandwich | Sweet bun + Low-fat milk | Shanghai noodles with Shanghai pak choi and beef | Oatmeal with raisins in low-fat milk ⁴ | Kidney beans congee with corns and Jew's ears |
| Morning Snacks | Pear | Red grapes | Honeydew melon | Orange | Apple |
| Lunch | Braised tofu skin with wax gourd and baby corns | Stir-fried eggs with bean sprouts + Chinese spinach in soup ⁵ | Stir-fried chicken filets with string beans and carrot | Braised hairy gourd with oyster mushrooms and minced pork | Angel hair with lemon, herbs and fish filets ² + Broiled broccoli |
| Afternoon Tea ⁶ | Macaroni with tomato and chicken ² | Brown rice congee with pumpkin and lean pork | Cherry tomatoes ³ + Calcium-fortified low-sugar soy milk | Egg sandwich | Sago soup with watermelon and low-fat milk ⁴ |

 For details on the recipe, please visit this webpage: http://www.startsmart.gov.hk/files/pdf/lunch_recipes_for_preschool_children_tc.pdf



Remarks:

Half-day pre-primary institutions can supply snacks to children with reference to the following example:

One to two servings of grains and cereals, half serving of fruit or one serving of milk product.

Nutritional tips on “Less salt and less sugar”:

1. By preparing meat balls with lean pork on your own, ready-made meat balls added with salt and sugars can be replaced.
2. Seasoning with natural seasonings like onion, garlic, tomato, shiitake mushroom and lemon can reduce the usage of salt and sugars.
3. Fresh foods contain less salt and sugars than pre-packaged foods like biscuits and cakes. They are healthy choices for snacks.
4. Fruit, which contains natural sweetness, can enhance the flavours of dishes and reduce the usage of sugars.
5. Homemade vegetable broth, which is delicious and less salty, can be used to replace the ready-made one containing higher content of salt.
6. Water should be the main drink served in snack time, so as to replace higher sugar content drinks, e.g. instant malted drinks and juices added with sugars.

