

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:


https://www.startsmart.gov.hk/files/pdf/nutritional_guide_en.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.