

Dear Parents,

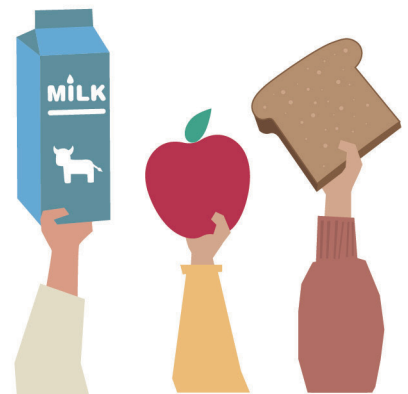
Hello! The new school year has started again. We are EatSmart Doggie and Sporty Bunny. In the 2021/22 school year, the "StartSmart@school.hk" Campaign, jointly organised by the Department of Health, the Education Bureau and the Leisure and Cultural Services Department, will continue to promote healthy lifestyle to young children aged 2 to 6 and parents through kindergartens and child care centres with a thematic approach.

School Year Begins!

The themes for this school year are

"Eat Healthy Snacks Only Once between Main Meals" and "More Parent-child Physical Activity"

Healthy snacks should follow the healthy eating principle of "3 Lows 1 High", that is low fat, low salt, low sugar and high dietary fibre. Eating moderate amount of healthy snacks can supplement the nutrients and water required by children. On the contrary, unhealthy snack choices will harm the health of children and increase their risk of obesity and chronic diseases in the future. Parents should therefore note that it is advisable to eat small amount of healthy snacks only once between main meals, while snacks should be served at least 1.5 to 2 hours away from a main meal. By doing so, it will not spoil children's appetite for the main meal, deter them from obtaining the necessary nutrients they need and adversely affect their growth and development in the long run. Parents should also be a role model and reduce temptation to your children by keeping unhealthy snacks out of the house.



Physical activity is essential to the whole-person development of children. Regular physical activity promotes the growth of muscles and bones, reduces the accumulation of fat and prevents chronic diseases. It also has positive impacts on children's learning and language abilities and social development. Doing physical activities together with your children more not only effectively help them to accumulate at least 180 minutes of physical activity with different intensity levels every day as recommended and cut down on screen time, but also enhance parent-child relationship and enable children to enjoy the benefits brought about by physical activities.

We will continue share more health information through writing letters to you all, so stay tuned! Let's work together to put this school year's themes, "Eat Healthy Snacks Only Once between Main Meals" and "More Parent-child Physical Activity", into practice and develop healthy living habits with your children! The new school year has begun, are you ready?



"StartSmart@school.hk"
Campaign Website



A Letter to Parents



Best regards,
EatSmart Doggie and Sporty Bunny

Let's Hunt for Healthy Snacks!

