

Dear Parents,

Include More Vegetables in Dishes

Hello! In my previous letter, I shared the benefits of eating vegetables and the daily recommended vegetable intake. Let me share the techniques of choosing and cooking vegetables this time as well as introduce a series of parent-child snack recipes made with vegetables.



Choose Healthy Vegetables Wisely

Besides **providing adequate amount of vegetables to young children (at least 1.5 servings daily and 1 serving of vegetables is approximately equals to half a bowl of cooked vegetables)**, a diverse range of vegetables should be included in their diet for a balanced nutrition. Vegetables are mainly classified into the following categories:

- **Leafy:** flowering white cabbage, spinach, Chinese white cabbage, lettuce, cabbage, etc.
- **Gourds/ Squashes:** tomato, cucumber, pumpkin, sweet bell pepper, eggplant, etc.
- **Lentils:** garden peas, green bean, edamame, snow pea, sweet pea, etc.
- **Roots:** carrot, water chestnut, lotus root, onion, taro, etc.
- **Mushrooms:** shiitake mushroom, enoki, straw mushroom, button mushroom, black fungus, etc.

Vegetables Cooking Tips

- **Adopt low-fat cooking methods**, such as steaming, boiling, stir-frying with little amount of oil, baking
- **Control the amount of oil used.** Each person is recommended not to use more than 2 teaspoons of oil for cooking in each main meal
- **Use natural spices** and avoid using high-fat, high-sodium or high-sugar seasonings or ready-made sauces, such as white sauce, fermented bean curd, ketchup and sweet and sour sauce. Limit the use of salt, soy sauce and oyster sauce for seasoning as far as possible

It is advisable to choose fresh vegetables or frozen and dried vegetables with no added fat/oil, salt or sugar, and avoid pickled and canned vegetables as far as possible.

Videos of Cook Smart Recipes

Besides eating adequate vegetables in main meals, you can also **add vegetables in homemade snacks. Not only it is healthy, but it also increases the chances of eating vegetables for young children.** The "StartSmart@school.hk" Campaign has recently launched a series of Cook Smart Recipes videos. Among which, the vegetable-themed recipes are nutritious and appealing. They are also easy to make, which are very suitable for parents to prepare with young children together.

Without further ado, let's nurture young children's good habit of eating more vegetables today!

Best regards,
EatSmart Doggie



"StartSmart@school.hk"
Campaign website



A Letter to Parents



Benefits of Fruit and
Vegetables
(Infographic factsheet)



Cook Smart Recipes
(Video)

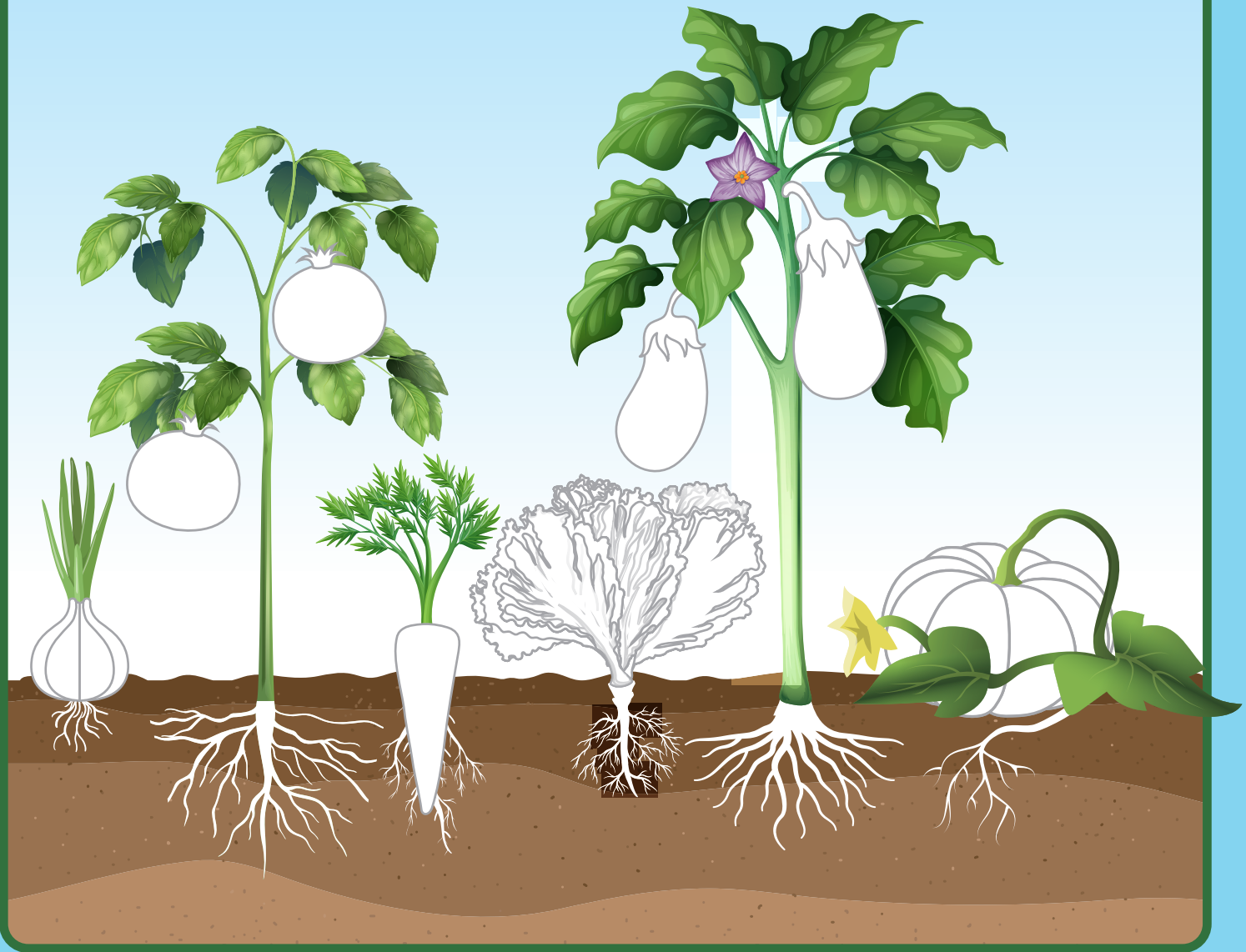


StartSmart Parent Guide



Mini Game

Vegetables Colouring Fun



Dear children, please
colour the vegetables in.

