

Good Habit of Drinking More Water

Dear Parents,

Hello! The theme on healthy eating for this school year is 'Healthy Drinks'. I like to drink water the most to replenish the fluids. Water is not only thirst-quenching, but it can also regulate body temperature, transport nutrients and oxygen as well as remove waste from the body. Therefore, water is very important to us. Remember to drink adequate amount of water every day!



How much water should we drink every day?

The Department of Health recommends that young children aged 2 to 5 should drink at least 4 to 5 glasses (1 glass ≈ 240 ml) of fluids every day. Persons aged 6 or above should drink 6 to 8 glasses of fluids every day. Among which, water is the best choice. Replenish extra amount of water where necessary if we have more physical activities or when the weather is hot or dry.

Reminder from 'EatSmart Doggie'

Some vitamin drinks, sports drinks and electrolyte drinks available in the market are claimed to be healthy. However, the sugar content of these drinks are not low that it will increase the risk of tooth decay and obesity in young children. Therefore, avoid offering these drinks to young children. Indeed, young children are able to obtain different kinds of nutrients and do not need to drink supplements if they eat balanced diets.

When should we drink water?

To replenish fluids and cultivate young children's good habit of drinking more water, parents and carers are suggested to provide adequate amount of water to young children regularly every day.

- After getting out of bed and grooming
- During and after meals. Replace drinks containing added sugar such as soft drinks and cordial with water
- During sedentary behaviour such as reading and playing puzzle
- During and after physical activities



In line with the theme on 'Healthy Drinks' of this school year, the 'Drink More Water for Better Health' infographic, 'Activity Worksheets on Healthy Drinks' and 'Family Challenge Healthy Drinks Billboard' are newly produced by the 'StartSmart@school.hk' Campaign with an aim to encourage young children, parents and carers to drink adequate amount of water every day and choose only healthy drinks.

Let's cultivate the good habit of drinking more water in young children starting from today!



StartSmart@school.hk
Campaign website



A Letter to Parents



'Drink More Water
for Better Health'
(Infographic)



Activity Worksheets
on Healthy Drinks



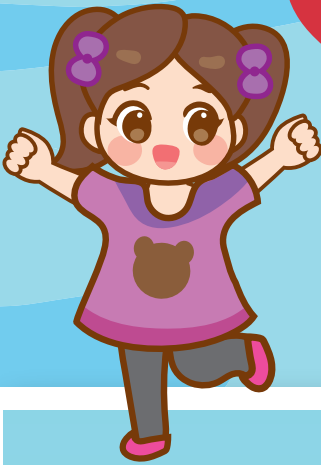
StartSmart Parent Guide

Best regards,
EatSmart Doggie



Mini Game

Dear children, 'EatSmart Doggie' would like to quench his thirst by drinking water. Can you help him to find out **5 bottles of water** ?



Answers :

