



New Health Goals

Dear Parents,

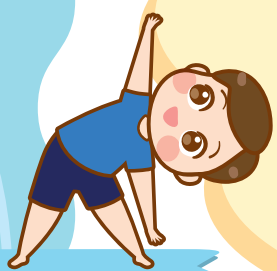
Hello! The new school year has begun again! In the 2023/24 school year, the 'StartSmart@school.hk' Campaign, jointly organised by the Department of Health, the Education Bureau and the Leisure and Cultural Services Department, will continue to promote healthy lifestyle to young children aged 2 to 6 and parents through kindergartens and child care centres with a thematic approach.



The themes for this school year are 'Healthy Drinks' and 'Accumulate Adequate Amount of Physical Activity Every Day'



Water takes up more than 60% of our weight and is therefore vital for human body. While drinking too little water makes us feel thirsty, drinking more water helps promote bowel movements. Besides, we can drink water to regulate body temperature and prevent heatstroke when we feel very hot after exercising. However, how many glasses of water should young children drink every day? In fact, they need to drink 4 to 5 glasses of fluid every day with water being the best choice. In this school year, I, EatSmart Doggie, will share health information in various formats to help parents encourage young children to drink more water and make wise beverage choices for young children.



Do you want young children to grow healthily with good physical health? It is inevitable to accumulate adequate amount of physical activity every day. Young children aged 2 to 6 should accumulate at least 180 minutes of physical activity of various types and intensity levels on a daily basis. To encourage parents and young children to do physical activities together and incorporate physical activity into daily life, we have produced 8 videos on parent-child physical activities and uploaded to the 'StartSmart@school.hk' Campaign website. We hope that all of you can do plenty of physical activities with young children.



To put this school year's themes into practice, we look forward to joining hands with all of you and serving as a good role model for young children. Let's develop young children's good habits of drinking water and doing plenty of physical activities in early childhood together, so that they will grow up actively and healthily!

Best regards,
**Sporty Bunny and
EatSmart Doggie**



"StartSmart@school.hk"
Campaign website



A Letter to Parents



Parent-child Physical
Games



StartSmart Parent Guide

Mini Game



Clear soup



Chocolate milk



Calcium-fortified,
low-sugar
soymilk



Probiotics
drink



Water



Milk tea with
pearl tapioca



Lemon water without
added sugar



Strawberry
milk



Apple juice
drink



Soft drink



Lemon tea



Low-fat milk

Dear children, please
circle the healthy drinks!



Answers:

