

Explore the Endless Healthy Veggie Options



Hello! This year's theme for healthy eating is "Eat More Vegetables". Do you know what the benefits of eating more vegetables are?

✓
Vegetables, which are colourful, provide young children with the vitamins and minerals necessary for growth, such as β -carotene, vitamin C, vitamin E, calcium, iron, potassium



✓
Dietary fibre in vegetables can promote bowel movement, prevent constipation and boost satiety, reducing the risk of developing obesity due to overeating among young children



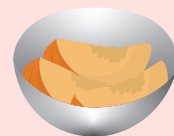
✓
In addition, consuming an adequate amount of vegetables helps prevent diseases such as hypertension, diabetes, cardiovascular diseases and colorectal cancer!



How many vegetables should young children consume every day?

- Young children in N to K1 classes: eat at least 1½ servings of vegetables every day
- Young children in K2 to K3 classes: eat at least 2 servings of vegetables every day

What is 1 serving of vegetables approximately?



½ bowl of cooked vegetables (e.g. blanched choy sum, steamed pumpkin)



1 bowl of uncooked vegetables (e.g. salad vegetables)

What types of vegetables are there?

Leafy vegetables

e.g. iceberg lettuce
mustard leaf
spinach
white cabbage
choy sum

Mushrooms

e.g. needle mushroom
straw mushroom
shiitake mushroom
button mushroom
wood ear fungus

Root and stem vegetables

e.g. asparagus
carrot
lotus root
onion
beetroot

Fruiting vegetables

e.g. eggplant
hairy melon
pumpkin
tomato
sweet pepper

Beans

e.g. French bean
green pea
green soybean
sugar pea
yard-long bean

To tie in with the theme, the Department of Health has produced the "Choose Your Vegetables from the Variety" poster for young children to learn about the diversified vegetables. Some vegetables even come with healthy recipes. Scan the QR code to download the poster now! Different vegetables have different characteristics, and they are nutritious as well. Remember to encourage young children to try different types of vegetables! Let's help young children develop a good habit of eating more vegetables since a young age to promote their healthy growth!





Tips from EatSmart Doggie:
Scan the QR code for the
answers now!



"Choose Your
Vegetables from the
Variety" poster

Take a hint from the
pictures and spell the
names of the vegetables
in English.

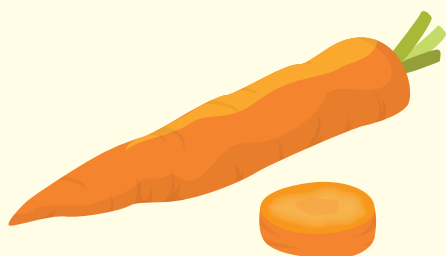
Mini Game

Leafy vegetables



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Root and stem vegetables



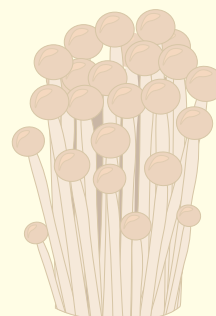
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Fruiting vegetables



Eggpl _ _ nt

Mushrooms



Nee _ _ le Mu _ _ hroom

Beans



F _ _ en _ _ h Bea _ _

Answer:

