A Letter to Parents

November 2026

幼營喜動校園
StartSmart@school.hk

More Water, More Benefits

Dear Parents,



Hello! The healthy eating theme for this school year is “Healthy Drinks”.



Children need to drink enough water every day to stay healthy and energetic! The Department of Health recommends young children aged 2 to 5 to drink at least **4 to 5 glasses of fluids** (1 glass roughly equals to 240 ml) daily, and those aged 6 to 11 to drink at least **6 to 8 glasses of fluids** daily. Drinking enough fluids not only replenishes the water your body loses, but also helps regulate your body temperature, transport nutrients and oxygen, and excrete waste.

Water is the best choice for hydration! Want to help young children learn to drink water on their own? Here are some tips:

- **Drink water regularly**: Remind young children to drink water after waking up, after meals and after activities
- **Bring water everywhere**: Always carry a water bottle when going out so that young children can drink water anytime, anywhere
- **Replace sugary drinks with water**: Cut down on soft drinks and fruit-flavoured drinks, and go for water
- **Offer praise and encouragement**: If your child is willing to drink water, parents should praise him/her verbally but not offer food as a reward
- **Lead by example**: If parents drink plenty of water, their children will naturally follow suit



In addition to water, there are other healthy drinks to choose from:



✓ Low-fat milk



✓ Calcium-fortified low-sugar soymilk



✓ Low-sugar oat milk



✓ Lemon water without added sugar



✓ Clear soup

Young children should avoid:



- ✗ **Sugary drinks**: e.g. chocolate milk, fruit-flavoured milk, sweetened fruit juices, yoghurt drinks, probiotic drinks, soft drinks, instant malted drinks, sports drinks, energy drinks
- ✗ **Drinks containing artificial sweeteners**: e.g. sugar-free soft drinks, low-sugar probiotic drinks
- ✗ **Drinks containing caffeine**: e.g. coffee, tea, lemon tea, milk tea with pearl tapioca

Starting from today, let’s drink more water and choose healthy drinks together with our children, so that they can build the good habit of drinking water from a young age!



“StartSmart@school.hk” Campaign website

Letter to Parents

StartSmart Parents’ Guide

“Drink More Water for Better Health” poster

“Less Sugar for Health” poster

Mini Game

Children, please circle the healthy drinks.



Answer:

