

# Drink Smart, Stay Active

**Dear Parents,**



Hello! The new school year is here!

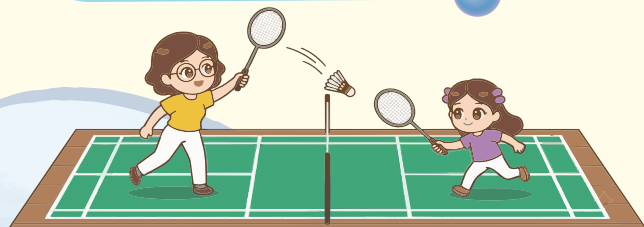
Jointly organised by the Department of Health, the Education Bureau and the Leisure and Cultural Services Department, the “StartSmart@school.hk” Campaign will, once again, promote healthy lifestyles to young children aged 2 to 6 and their parents under different themes through kindergartens and child care centres in the 2026/27 school year.

The themes for this school year are “Healthy Drinks” and “Accumulate an Adequate Amount of Physical Activity Every Day”.

To stay hydrated, young children have to drink enough fluids every day, among which water is the best choice. Young children aged 2 to 5 should drink at least 4 to 5 glasses of fluids every day, while those aged 6 to 11 should drink at least 6 to 8 glasses of fluids (1 glass ≈ 240 ml) every day. In addition to water, parents may also provide young children with healthy drinks, such as low-fat milk, calcium-fortified low-sugar soymilk, lemon water without added sugar, and clear soups. However, you should avoid providing drinks with added sugar or those relatively high in sugar such as chocolate milk, fruit juice concentrates and soft drinks, so as to lower the risk of obesity and tooth decay in young children.



Moreover, for young children to grow healthily and happily with a strong body and full energy, it is important for them to accumulate an adequate amount of physical activity every day. According to the recommendation of the World Health Organization, young children aged 2 to 6 should spend at least 180 minutes on a variety of physical activities of different intensity levels every day. To encourage parents to engage in physical activity together with young children, we will introduce various physical activities that are suitable for young children to you and provide useful hacks for everyday life in this school year. Parents, let's proactively help young children develop healthy living habits from now on!



The new school year has begun. Are you ready for it? Let's work together with young children hand in hand, and put the themes of this school year — “Healthy Drinks” and “Accumulate an Adequate Amount of Physical Activity Every Day” — into practice!



StartSmart@school.hk  
Campaign website



Letter to Parents



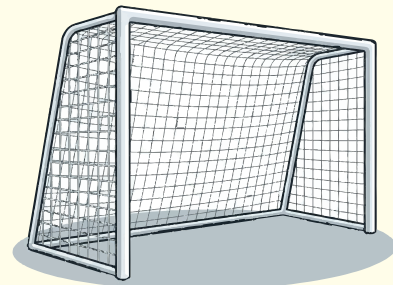
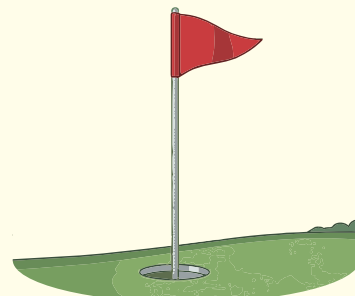
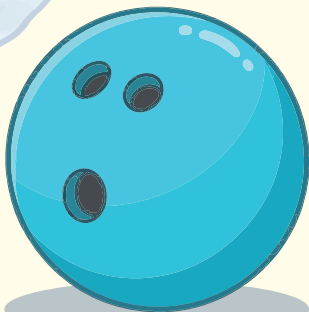
Parent-child Physical  
Games



StartSmart Parents'  
Guide

# Mini Game

Dear children, can you draw lines to match the related ball game pictures?



Answer:

