

Smart Lunch

321



The importance of a balanced diet.



A balanced diet provides children with all the required nutrients for healthy growth. It also improves their learning power and reduces illness.



The secret of a healthy lunch

A healthy lunch box should provide grains (e.g. rice noodles, noodles and rice), vegetables, and meat and its alternatives in the ratio of 3:2:1.

If a healthy lunch box is divided into six parts, grains should take up three; vegetables should take up two, and meat and its alternatives should take up one. In other words, the ratio among grains, vegetables, and meat and its alternatives is 3:2:1.



GRAINS
Take three parts

3

VEGETABLES
Take two parts

2

MEAT
Take one part

1



Be a smart-eater

What should be included in a healthy lunch?

Answer: Grains and vegetables should take up the largest proportion, followed by meat and fruit.

- **Grains** are the primary source of energy. They can provide what children need during learning and exercise. Food under this category includes: congee, rice noodles, noodles, rice, bread and potatoes.
- There are many different choices for **vegetables**, e.g. choy sum, spinach, bok choy, wax gourd, hairy gourd, dried mushroom and straw mushroom, etc.
- **Lean meat**, fish or skinned chicken are recommended. Eggs and beancurd are also good alternatives.
- **Water** is always the preferred beverage. Other healthy options include low-sugar soymilk, low-fat milk, skim milk and clear soup.
- Choose fresh food. Choose fewer processed, preserved and deep-fried items like sausages, ham, bacon and deep-fried pork chops.



Fruit is tasty and healthy

Children may take it as a dessert after meal!



Website of the 'EatSmart@school.hk' Campaign:

<http://school.eatsmart.gov.hk/en/template/home.asp>

24-hour Health Education Hotline of the Department of Health: 28330111



Revised in 2015