Dear Mom and Dad,

Today, Lok-lok, Ying-ying and I shared our snacks during recess. Lok-lok brought a small raisin bun and Ying-ying took a dozen of cherry tomatoes.

The amount of our snacks is small. Lok-lok explained that small amount of snack would not spoil our appetite for lunch, which was only an hour later. Ying-ying also said that her mother encouraged her to choose fruit and vegetables as snacks. It is because they are rich in dietary fibre and good for our gut.

Lok-lok and Ying-ying liked the plain biscuits and the low-fat milk that we had prepared at home. Compare with whole milk, low-fat milk is also rich in protein and calcium, but less fat. It helps me keep a healthy body weight.

Don’t overlook the effects of snacks on our health. Teacher said that if we take four pieces of cookies and a can of soft-drink every week but do not exercise enough, we may accumulate two kilograms of fat similar to the size of a rugby ball in our tummy after one year. How scary!

Healthy snacks do not equate to organic foods as nutrient contents of the latter are just comparable with ordinary food. Most importantly, we should consider the nutritive value of snacks. Snacks which are natural, fresh and comply with the principle of ‘3 Low / High’ (that is low fat, low sugar, low salt and high fibre) are healthy options.

I know that appropriate amount of healthy snacks can supplement my daily needs of energy, nutrients and water for normal growth. We can choose snacks according to the ‘Nutritional Guidelines on Snacks for Students’ in website of the Department of Health.

Your love,