**Introduction of School ‘NutriAgent’ Project**

**Features**

**2006-07**
- Stormy and perilous
- Drawbacks from all sides
- Countless difficulties and barricades
- Strength-exhausting and brain-racking

**2007-08**
- Induce and introspect
- Understand and recognize
- Supportive environment
- You-oriented
- Cross-sector cooperation
- Continual support
- Appreciation and reward

**Requirements**

1. New NutriAgents must attend Nutrition Training
2. Each NutriSchool needs to organise two health promotion activities within the academic year 07/08.
   - One must be developing or implementing school policy on healthy eating.

**Content**

- Introduction of School ‘NutriAgent’ Project
- Health and Nutrition
- Know more about Healthy School Lunch
- Know more about Healthy Snack
- ‘NutriAgent’ Handbook
- Develop and Implement School Policy on Healthy Eating
You-oriented Support

- Workshop at school
- Professional advice
- Resource available
- Volunteers’ support

Topics of Workshop

- Develop and implement school policy on healthy eating
- Monitor eating environment at school
- Selecting school lunch supplier
- Planning of events on promoting healthy eating
- Organizing Health Club led by senior primary school students; through peer influence, education, and participation to promote healthy eating

Documentary

- Simply submit proposal of activities
- The proposal should be faxed or e-mailed to Central Health Education Unit (CHEU) four weeks before the activity start

Evaluation Reports

- Submit final report within 2 weeks upon the completion of event, (including receipts, photographs, posters, questionnaires, etc.)
- Mail the Original to HKCC and a copy to DH by fax or e-mail
- Reports are requested only subject to activities which required HKCC funding.
Appreciation, Record and Reward

Marking and Recording

• Marking criteria
  – Nature (Policy / Environment, continual surveillance, knowledge / concern)
  – Scale
  – Effectiveness

• Record of scoring
  – School’s Record
  – Agent’s Record

Endless satisfaction
Childhood obesity no more
Chronic illnesses declines
Enjoy life

Background

• Three major factors below count 60% (56.5%) on the death toll* in Hong Kong:
  – Cancer (32.4%)
  – Heart diseases (15.2%)
  – Cerebrovascular diseases (8.9%)

• Unhealthy dietary habits
  ➢ increase the risk of chronic illnesses
  ➢ cause overweight and obesity

Diet & Health

Main Factor: Obesity

*Data of 2005 *
**Why should we care about children's diet?**

**Children's knowledge and attitude about healthy eating nowadays**

**Their choice**

**Analysis of the most popular lunch boxes:**

* Data Source: DH Student Health Service
Do you agree that

- Healthy eating habits built up in childhood are more likely to be carried on into adulthood.
- Children generally fail to follow healthy eating principles.
- Studies pointed out that school-based intervention programmes are found with proven effectiveness in promoting healthy dietary habits among schoolchildren.

How should parents, schools and suppliers help children make the smart choice?

**Children choice of snacks?**

<table>
<thead>
<tr>
<th></th>
<th>Items sold at tuck shops</th>
<th>Items sold in vending machines</th>
<th>Items brought to school from home</th>
</tr>
</thead>
<tbody>
<tr>
<td>‘Snacks to choose more’</td>
<td>14.6%</td>
<td>10.0%</td>
<td>13.1%</td>
</tr>
<tr>
<td>‘Snacks to choose in moderation’</td>
<td>29.7%</td>
<td>28.8%</td>
<td>51.3%</td>
</tr>
<tr>
<td>‘Snacks to choose less’</td>
<td>55.7%</td>
<td>61.3%</td>
<td>35.6%</td>
</tr>
</tbody>
</table>

School 'NutriAgent' Project
Nutritional Training Workshop

Nutritional Needs of Schoolchildren
My boy doesn't like veggies, it is same if he has more fruit

Yes  No

My girl is overweight and banana should be avoided because it is rich in carbohydrate

Yes  No

Can long-boiled soup with bone strengthen our bone?

Yes  No

How about soymilk? Can it strengthen our bone?

Yes  No

Is frozen meat less nutritious than the fresh one?

Yes  No
Lunch

Food Pyramid for Children

How much should a schoolchild eat?

A healthy lunch should...

provide schoolchildren with one third of the nutrients they need every day

Nutritional Guidelines on School Lunch for Primary School Students

With the guidelines, we hope to...

- Achieve energy balance
- Increase intake of fruit & vegetables
- Reduce total intake of fat, sugar and salt in students’ diet
About the guidelines:

(1) Guidelines on Quantity
(2) Guidelines on Quality

Tips on healthy lunch box

Grains & cereals, vegetables and meat should be in the ratio of 3 : 2 : 1 by volume

What is 'serving'?

- unit of recommended serving size
- helps maintain a balanced diet
- used for describing the recommended quantity of food needed daily from the 5 food groups

Recommended Quantity of Lunch for Junior and Senior Primary School Students

<table>
<thead>
<tr>
<th>Food Group</th>
<th>P.1 – P.3 Students</th>
<th>P.4 – P.6 Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains &amp; Cereals</td>
<td>At least 4 servings</td>
<td>At least 5 servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>At least 1 serving</td>
<td>At least 1 serving</td>
</tr>
<tr>
<td>Meat, Poultry, Fish, Eggs, Legumes</td>
<td>1-2 servings</td>
<td>1½ - 2½ servings</td>
</tr>
<tr>
<td>Fruit</td>
<td>At least ½ serving</td>
<td>At least ½ serving</td>
</tr>
<tr>
<td>Fats and Oil</td>
<td>Max. 2 servings</td>
<td>Max. 2 servings</td>
</tr>
</tbody>
</table>

One serving =

- ~1/5 bowl
- ~1/4 bowl of noodles
- ~1/3 bowl
- ~1/2 slice of bread
- ~1 as big as an egg
- 1 bowl of raw
- 1/2 bowl of cooked
- 4 slides of cooked
- 1/2 bowl of cooked
- 1/3 bowl
- 1
One serving =

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Fats and Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ 1 medium-sized (as big as a fist)</td>
<td>➢ 1 tsp of plant oil</td>
</tr>
<tr>
<td>➢ 1/2</td>
<td>➢ 1 tbsp of salad dressing</td>
</tr>
<tr>
<td>➢ 1 handful (about 10 grapes)</td>
<td></td>
</tr>
<tr>
<td>➢ 1 glass (150ml)</td>
<td></td>
</tr>
<tr>
<td>➢ 1/2 box of unsweetened dried fruit</td>
<td></td>
</tr>
</tbody>
</table>

(2) Guidelines On Quality

How to choose 'quality' healthy lunch for children?

- 3 lows, 1 high: Low-fat, low-sugar, low-salt and high-fibre
- Types of food in lunch:
  - Encouraged food items
  - Limited food items
  - Strongly discouraged food items

Encouraged Food Items

- Natural and fresh
- '3 lows, 1 high' food

Encouraged Food Items

- Whole-wheat or high-fibre grains & cereals
- Low-fat dairy products or other calcium-rich food
Limited Food Items

- Processed / preserved food or food with added oil, salt or sugar
- High-salt or high-fat sauce and gravy

≤ 2 days/week

**Remark:** It is recommended that sauce or gravy with high salt or fat content should be served sparingly and separately.

Limited Food Items

- Grains and cereals with added fat or oil
  e.g. fried rice, fried noodles, fried rice noodles, baked rice with excess sauce

Limited Food Items

- Fatty cut of meat and poultry with skin
  e.g. chicken wings, spare ribs, chicken legs, ox belly, fatty minced meat cake
- Whole-fat dairy products
  e.g. full-cream milk, regular cheese, full-cream yoghurt

Limited Food Items

- Processed or preserved meat, eggs and vegetables
  e.g. sausages, ham, BBQ pork, preserved mustard green

Strongly Discouraged Food Items

- Food very high in fat, salt or sugar
- Food with added animal fat, plant saturated fat and trans fat

**Say NO!**

Strongly Discouraged Food Items

- Deep-fried food
  - French fries
  - Deep-fried fish fillet
  - Deep-fried tofu
  - Deep-fried chicken leg
Strongly Discouraged Food Items

- Food with added animal fat, plant-based saturated fat and hydrogenated fat
  e.g. lard, chicken oil, butter, coconut oil, palm oil, margarine

Strongly Discouraged Food Items

- Desserts or beverages containing more than 10 grams or 2 tsp of added sugar in each serving

Strongly Discouraged Food Items

- Very salty food
  e.g. preserved meat sausages, salted fish, salted eggs, etc.

Research Design

- Twenty-three primary school, 19 primary school lunch caterer, 78 lunch box for primary 1-3 schoolchildren
- Nutrient analysis was performed by the Centre for Food Safety
  - Energy and 9 nutrients, including carbohydrate, saturated fat, sugar, protein, cholesterol, sodium, dietary fibre, total fat, calcium

Key Findings
Suggestion - Calcium

- Ensure adequate intake of calcium of children, encourage 2 servings of low-fat, unsweetened dairy products everyday.
- When prepare dinner, parents may use calcium-rich foods (e.g. firm tofu, dark-green vegetables)

Suggestion - Sodium

- Monitor the supply of lunch box which is relatively high in sodium (such as lunch box including preserved foods or a lot of sauce), discuss with lunch caterer regularly for improvement
- Request to serve sauce separately from grains and cereals
- Encourage children to choose healthy options (e.g. Dietitian’s choice)

Let’s see whether they are healthy..

Is it healthy?

Is it healthy?
Choosing of Lunch Caterer – Selection Factors

- Nutrition
- Taste
- Price
- Environmental-friendly
- Hygiene
- Health Promotion
- Follow-up
- Reimbursement
- Payment

How to choose lunch caterer?

Lunch Supplier Database

Jan 2007
Tools for Lunch Surveillance in Primary Schools

E.g. Low-fat Curry Chicken with Vegetable Red Rice
FAQs on Children’s Diet

Is potato vegetable?

No, it belongs to the Grains & Cereals group.

Other plant foods in the grains and cereals group include corn, taro, sweet potato and carrot, yet they are also counted as vegetables.

Pumpkin is in the ‘Vegetables’ group only.

FAQs on Children’s Diet

Is olive oil suitable for cooking?

When edible oil being heated up to over its smoke point, it starts to be oxidized and produce carcinogenic compounds. The smoke point of oil used for frying should exceed 200°C.

<table>
<thead>
<tr>
<th>Type</th>
<th>Smoke point</th>
<th>Suitable for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extra Virgin</td>
<td>190°C</td>
<td>Salad, dip</td>
</tr>
<tr>
<td>Light (refined)</td>
<td>216 - 238°C</td>
<td>Baking, stir-frying, frying</td>
</tr>
</tbody>
</table>

Sugar is a kind of refined carbohydrate and not good to health. However, natural honey is different.

No.

Natural honey is as same as sugar, belongs to simple carbohydrate and has the same energy content. Therefore, excess intake may promote over intake of energy.

Dissemination of Surveillance Results
What is Snack?

‘Snack’ means an amount of food smaller than a meal eaten informally between meals.

Is snack a must?

- Snack is not main meal
- Just children eat adequately in a balanced way and don’t feel hungry between main meals

Snack is not a must!

But in many cases...

Children might feel hungry between meals because of:

- Small stomach, small capacity
- High energy output
- Our nutritional needs may not be fulfilled solely by the three main meals

So we can have some snacks if that doesn’t affect our appetite for the main meals!

Snack is appropriate if children:

- feel hungry between main meals;
- eat snacks at the right time; and
- eat in small amount which does not spoil their appetite for the main meals

Parents may consider giving them some healthy snacks!
The right time for snacks...

There should be at least 1.5 – 2 hours between snacks and main meals to avoid spoiling children’s appetite for the next meal.

Appropriate serving size for snacks...

It is usually smaller than that for a main meal, and it does not mean to replace the main one.

- 1 slice of wheat bread + 1 glass of low-fat milk
- 1 apple + 1 glass of water
- 2-3 plain biscuits + 1 glass of pure fruit juice

Outcomes of junk snacks ?? ?

<table>
<thead>
<tr>
<th>Enjoy once every week</th>
<th>After 1 year, we gain</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 4 lollies</td>
<td>1.5 lb</td>
</tr>
<tr>
<td>- 2 nuts coated with chocolate</td>
<td>1.5 lb</td>
</tr>
<tr>
<td>- 1 bar chocolate</td>
<td>3.3 lb</td>
</tr>
<tr>
<td>- 4 cookies</td>
<td>3 lb</td>
</tr>
<tr>
<td>- 1 small pack chips</td>
<td>2 lb</td>
</tr>
<tr>
<td>- 5 Sai-mui</td>
<td>3.3 lb</td>
</tr>
<tr>
<td>- 1 sausage</td>
<td>1.5 lb</td>
</tr>
<tr>
<td>- 1 ice cream drumstick</td>
<td>3 lb</td>
</tr>
<tr>
<td>- 1 can soft drink</td>
<td>2 lb</td>
</tr>
</tbody>
</table>

Nutritional Guidelines on Snacks for Primary School Students

How to choose healthy snacks?

- Snacks to Choose More
- Snacks to Choose in Moderation
- Snacks to Choose Less

Snacks to Choose More

Criteria for selection:

- Containing at least one type of nutrients (e.g. dietary fibre, protein, calcium), and
- '3 Lows, 1 High' Principle
**Snacks to Choose More**

- Bread and grains and cereals that are low in fat, salt & sugar
- Fresh vegetables and fruit, and unsweetened dried fruit
- Low-fat dairy products
- Low-fat yoghurt
- Low-fat milk

**Snacks to Choose in Moderation**

- Containing at least one type of nutrients (e.g. calcium and dietary fibre)
- But also containing fat and added sugar or salt
- Bread and cereals with added fat, sugar or salt
- Processed and preserved vegetables
- Fruit with added sugar
- Whole-fat dairy products
**Snacks to Choose in Moderation**

- Fatty, processed or preserved meat and its alternatives

**Snacks to Choose in Moderation**

- Beverages with added sugar but also contain nutritional value

**Snacks to Choose Less**

- Food or beverages low in nutritional value but high in fat, sugar and salt
- Frequent consumption of these snacks may increase the risk of:
  - Obesity
  - Heart diseases
  - Diabetes
  - High blood pressure

**Let’s group them up**

<table>
<thead>
<tr>
<th>Choose More</th>
<th>Choose in Moderation</th>
<th>Choose Less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Sweetened fruit juice</td>
<td>Soft drink, sweetened cartoned drink, cordials, black tea, coffee</td>
</tr>
<tr>
<td>Pure fruit juice</td>
<td>Sweetened soya milk, whole-fat milk, chocolate milk</td>
<td></td>
</tr>
<tr>
<td>Low-fat milk</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
School Snack Surveillance

School Snacks Monitoring Checklist

How to observe changes in snack quality

Food Label Reading

Source of Information: Food and Environmental Hygiene Department

What can food labels do?

Help consumers:
- better understand the nutritional value of food
- compare similar food products
- make healthier food choices or select suitable food for disease management

Food labels can encourage food manufacturers to:
- improve nutritional content of products
Types of nutrition labels

### How to understand nutrition label?

**Step 1:**
Find out the amount of 1 serving

E.g. 1 pack 6 pieces 40g 100g

**Step 2:**
Identify relevant nutrients

Energy, fat, sodium, sugar, dietary fibre

*How to compare the nutritional value of food?*

- **Per Serving**
  - The amount of nutrient you consume

- **Per 100g**
  - For compare the nutritional values of different food items using 100g as a unit

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**Nutrition Facts**

**Serving size:** 6 pieces

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>60</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>28mg</td>
<td>2%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>16g</td>
<td>6%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td>6%</td>
</tr>
</tbody>
</table>

- **Vitamin A:** 2%<br>- **Vitamin C:** 10%<br>- **Calcium:** 0%<br>- **Iron:** 2%

---

**Nutrition Information**

**Serving Size:** 200g

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Quantity per Serving</th>
<th>Quantity per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>688kcal</td>
<td>34kcal</td>
</tr>
<tr>
<td>Protein</td>
<td>4.2g</td>
<td>2.1g</td>
</tr>
<tr>
<td>Fat, total</td>
<td>7.5g</td>
<td>3.8g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4.6g</td>
<td>2.3g</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18.5g</td>
<td>9.3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.6g</td>
<td>0.8g</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>45mg</td>
</tr>
</tbody>
</table>

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**Grains and Cereals**

Energy, total fat, sodium, dietary fibre

**Dairy products**

Energy, total fat, calcium, sugar
Which one is better?

<table>
<thead>
<tr>
<th>Milk A</th>
<th>Milk B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nutrition Information</strong></td>
<td><strong>Nutritional Composition</strong></td>
</tr>
<tr>
<td><strong>Nutrient</strong></td>
<td><strong>Approx. per 100mL</strong></td>
</tr>
<tr>
<td>Energy 热量</td>
<td>63 kcal (264 kJ)</td>
</tr>
<tr>
<td>Calcium 碳酸钙</td>
<td>120 mg (12 mg)</td>
</tr>
<tr>
<td>Protein 蛋白质</td>
<td>3.4 g</td>
</tr>
<tr>
<td>Carbohydrate 碳水化合物</td>
<td>4.9 g</td>
</tr>
<tr>
<td>Fat 脂肪</td>
<td>0.3 g</td>
</tr>
<tr>
<td>Dietary Fiber 膳食纤维</td>
<td>0.2 g</td>
</tr>
<tr>
<td>Vitamin E 维他命E</td>
<td>3.5 mg</td>
</tr>
</tbody>
</table>

**Nutrition Claims**

1. **Nutrient content claim**
   - E.g. High-calcium, Low-fat, Sugar-free

2. **Nutrient comparative claim**
   - E.g. Reduced-fat, Reduced-salt

**FAQs on children’s diet**

Be caution to unethical promotion!

About snacks
FAQs on children’s diet

Is it right for children to skip breakfast to avoid over-eating if they eat snacks during recesses?

No.
Breakfast is one of the main meals. It should not be skipped. It should mainly consist of grains and cereals (e.g. bread, congee or oatmeal). Skipping breakfast may lead to over-eating at recesses or lunch.

FAQs on children’s diet

Can sports drinks be provided for children instead of water?

Sports drinks or electrolyte-charging drinks are specially designed for athletes. Children should not take sports drinks for water to replenish water loss during study or exercise. Rather, plain water is the best refill.

FAQs on children’s diet

To foster children’s growth, what kind of dairy products should be used?

<table>
<thead>
<tr>
<th>Age</th>
<th>Dairy Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-5 year-old</td>
<td>Low-fat dairy products</td>
</tr>
<tr>
<td>6 year-old or above</td>
<td>Skimmed dairy products</td>
</tr>
</tbody>
</table>

Ways to encourage children to eat more healthy food

Way 1:
Make salad with colourful fruit and vegetables, eggs and little low-fat salad dressing to attract children. This could be a dessert after meal or tea refreshment.

Way 2:
Parents may go shopping with children and buy their favourite fruit. Children are encouraged to take part in the preparation, so as to increase their interest in eating fruit and vegetables.
Way 3: Food substitution

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Substitute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potato chips</td>
<td>Cornflakes or fruit chips</td>
</tr>
<tr>
<td>Luncheon meat and ham sandwich</td>
<td>Wholewheat bread with fresh tomato &amp; boiled egg</td>
</tr>
<tr>
<td>Full-cream dairy products</td>
<td>Low-cream dairy products</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked mashed potato / Baked potato wedges</td>
</tr>
<tr>
<td>Deep-fried chicken leg and wing</td>
<td>Baked chicken leg or breast (skinned)</td>
</tr>
</tbody>
</table>

Way 4:

Try mixing food that children have never tried or dislike with those they like. Start with a small amount and gradually increase the portion.

‘1 High, 3 Lows’ Snacks Healthy and Tasty

Take Home Messages

1. 3:2:1 Healthy Lunch
2. "3 Low 1 High" Snacks

Purposes of Producing the Handbook

- To provide teaching resources and templates
- To assist teachers and parents in running healthy eating activities
- To simplify the procedure of organising activities
Contents of Handbook

1. School Healthy Eating Policy?
2. Surveillance of school eating environment
3. Planning of activities
4. Proposals promoting healthy eating
5. Support, record and reward

Proposals

- 41 proposals available for reference
- Two sorts of activities
  - Policy, surveillance, environment and behaviour
  - Knowledge, Attitude and Awareness

(1) Formulating healthy eating policy
(2) Healthy eating surveillance in action – lunch
(3) Healthy eating surveillance in action – snacks
(4) DIY surveys of healthy eating environment and students’ dietary habits
(5) Work together to promote lunch guideline policy
(6) Tuck shop of health and nutrition
(7) Red-yellow-green snacks zoning system
(8) Give tuck shop a new face
(9) Teacher-Student Fruit Day
(10) ‘Choose the Smart and Healthy Lunch’ Campaign
(11) Lunchtime broadcast on nutritional analysis of meal
(12) A Lunchtime for Parents and Students
(13) Visit to kitchens of school lunch suppliers
(14) Parent-child Snacks Campaign
(15) Healthy Eating Ambassadors
(16) Healthy Eating Carnival
(17) Healthy Eating Garden
(18) Healthy Eating Quiz
(19) Publishing in-school healthy eating quarterly by students
(20) Healthy eating API making competition
(21) Healthy Eating poster design competition
(22) Healthy Eating story competition
(23) Model making competition of Healthy food teaching aid
(24) Healthy lunch / snacks comic strip competition
(25) Healthy Snacks Catwalk Show
(26) Healthy gourmet's dish paper plate drawing competition

27. 健康飲食渡佳節
28. 成立小學健康飲食學會
29. 街坊小學健康小食
30. 健康小食部 - 家校齊心做
31. 有「營」早餐會
32. 飲食營養及健康飲食習慣教學活動
33. 成立健康資訊站
34. 「健康飲食」疊出新詞組子填詞比賽
35. 「食得健康」廣播劇
36. 設計蔬果身份證
37. 健康飲食在校園之小息聚一聚
38. 綜合學習日 - 「動靜皆營」
39. 「肚子會話」話劇
40. 班級急口令比賽
41. 生活教育活動計劃 - 食物之旅
42. 健康美食真yummy
43. 健康飲食在校園 - 慶祝會
**Reasons**

- Direction of the WHO
- Effective mean to promote healthy eating
- Show the initiative and commitment of school
- Healthy eating school policy demonstrates the direction, principles and actions of the school promoting healthy eating

**Steps**

- Set up responsible panel / committee
- Take reference to relevant information and guidelines
- Assess the eating environment in school
- Formulate policy
- Implement and evaluate the policy

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**School NutriAgent Project Experience Sharing**

**Baptist Rainbow Primary School**

- Develop and implement healthy eating school policy
- Liaise with school lunch supplier to provide adequate vegetable according to the recommendation by DH and fruit on every Friday
Delicious!

- With PTA’s support, negotiated with tuckshop operator to cease the provision of soft drink, chip, crisp and most candies, in exchange, sell more healthy food such as biscuit and corn flakes etc.
- To promote fruit consumption, sell only fruit during the second recess

Develop and implement healthy eating school policy

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Educate and promote healthy eating

- Participated in the ‘2 plus 3 a day’ and ‘School NutriAgent Project’ organized by the DH promoting healthy eating
- Through health talk and various sorts of activities such as fruit day and incentive program encourage students to cultivate healthy eating habit

Fruit Party was held to promote fruit consumption among students by making it a joyful act. Contents include poster design, introduction of fruit menus, fruit consumption statistic etc. For those students who have reached certain standard, they would be awarded to join the Fruit Party.
Evaluation – gradual effect

- School lunch supplier can follow the recommendation by DH supplying 321 lunch increasing vegetable provision
- With the support of tuckshop, there is significant increase in fruit consumption among students
- Students show more concern about green food

Conclusion – being on the right track

- Clear policy
- Supportive environment
- Continuous education
- Strengthen collaboration

Are key strategies on promotion of healthy eating habit

Home-School Co-operation, help students establish healthy eating habit