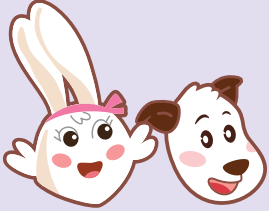


Principles of Healthy Eating



Please scan the QR code on the right to watch the animation video. Then write down the correct answer on the line according to the content of the animation video.



- 1 Eat less food that belong to the " Oil, Salt and Sugar " category, the top layer of the "Healthy Eating Food Pyramid".
- 2 We have to eat moderate amount of "Meat, Fish, Egg and Alternatives". They are rich in nutrients such as protein , iron and zinc which are important for growth and development.
- 3 Consume moderate amount of " Milk and Alternatives" every day to promote skeletal development.
- 4 Vegetables and fruit are rich in vitamins , minerals and dietary fibre . Eating sufficient amount of "Vegetables and Fruits" can promote gut health and prevent various chronic diseases.
- 5 Meals should be taken at regular time and in regular amounts. Consume a variety of food and avoid picky eating .
- 6 When having lunch and dinner, " Grains " should take up the largest portion and it's best to take " more vegetables and less meat " .



「健康飲食在校園」
動畫短片
"EatSmart@school.hk"
Animation Video

