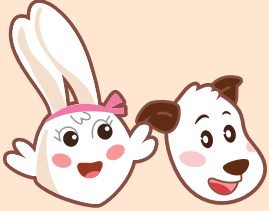


Healthy Snacks (II)



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 It is recommended to choose and take healthy snacks which are natural, fresh, low fat, low salt, low sugar or high in dietary fibre during recesses.
- 2 Read the nutrition labels first when buying prepackaged snacks to choose healthier snack.
- 3 Adhere to the principle of not spoiling the appetite of the main meal when eating snacks. Only eat snacks once between main meals when necessary.
- 4 The amount of snacks should not exceed 125 kcal each time while the amount of drinks should not exceed 250 ml each time.
- 5 Drink at least 6 to 8 glasses of fluids every day. Water is the best choice. Other healthy drinks include clear soup, lemon water without added sugar or unsweetened soy drink.
- 6 Replenish extra amount of water if your level of activity increases or you're active in a hot and dry environment and sweat a lot.



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

