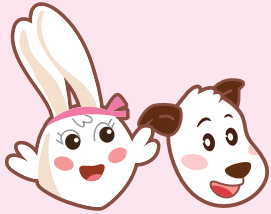


# “Non-Food” Reward



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 If unhealthy snacks which are high in fat, salt or sugar are always used as rewards, children will develop a preference over food that are high in oil, salt and sugar, thereby increase the risk of obesity and developing other chronic diseases.
- 2 Using food reward will indirectly encourage children to eat without feeling hungry, which will deter them from developing the habit of “eating when hungry and stopping when full”.
- 3 Using food reward will encourage children to associate emotions with food. They may turn to certain foods either for heightened joy or comfort when they are in a positive or negative mood, which will deter them from developing healthy eating habits.
- 4 Which of the following is the correct way of “non-food” rewards? Please put a “✓” in the box showing the correct way and a “✗” in the box showing the incorrect way.



Verbal encouragement



Offer small gifts



Sincere move



Extra time for a game



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

