

# Healthy Eating Principles

For Primary 1 - 3 Students



Follow the principles of healthy eating to attain good health!

Which of the following(s) is/are the correct healthy eating principles?  
Please put a ✓ in the correct box(es).



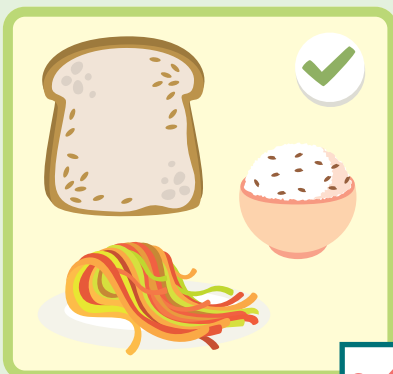
Have a regular diet and choose a variety of food to obtain necessary nutrients



Eat adequate fruit and vegetables every day



Ensure grains, vegetables and meat (and its alternatives) taken at lunch and dinner are in the ratio of 1:3:2 by volume



Consume more high-dietary fibre grains



Eat less food high in fat, salt or sugar, as well as preserved and processed food



Drink enough fluid every day, among which water is the best choice



Hints

