

Healthy Eating Principles

For Primary 4 - 6 Students



How much do you know about healthy eating principles?
Let's complete my notes together!



- 1 Healthy eating contributes to good health, boosts immunity and manages body weight.
- 2 Have a regular diet and choose a variety of food to obtain necessary nutrients.
- 3 Ensure grains, vegetables and meat (and its alternatives) taken at lunch and dinner are in the ratio of 3:2:1 by volume.
- 4 Consume more high-dietary fibre grains, eat less food high in fat, salt or sugar, as well as preserved and processed food.
- 5 Eat adequate fruit and vegetables every day.
- 6 Drink enough fluid every day, among which water is the best choice.



 **Hints**



健康飲食在校園
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