

The Department of Health

# Joyful Fruit Month 2021

## School Fruit Promotion Project

Hong Kong College of Cardiology -  
School Healthy Eating Promotion Fund

### Online Resources relating to the Principles of Healthy Eating

1. Nutritional Guidelines on Snacks for Students  
[https://school.eatsmart.gov.hk/files/pdf/snack\\_guidelines\\_bi.pdf](https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf)
2. Nutritional Guidelines on Lunch for Students  
[https://school.eatsmart.gov.hk/files/pdf/lunch\\_guidelines\\_bi.pdf](https://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf)
3. “EatSmart@school.hk” Campaign  
<https://school.eatsmart.gov.hk/en/index.aspx>
4. “Snack Check” mobile application  
iOS: <https://apps.apple.com/hk/app/id472818102>  
Android: [https://play.google.com/store/apps/details?id=cheu.snacks&hl=en\\_gb](https://play.google.com/store/apps/details?id=cheu.snacks&hl=en_gb)
5. Healthy Eating Information  
<https://school.eatsmart.gov.hk/en/resources.aspx?id=6501>
6. Other Online Resource of Healthy Eating Information  
<https://www.chp.gov.hk/en/resources/465/8800.html>
7. Online Application for Health Education Printed Materials of Central for Health Protection of the Department of Health  
<https://www.chp.gov.hk/en/static/90123.html>