

The Department of Health

Joyful Fruit Month 2025

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
2. Nutritional Guidelines on Lunch for Students
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. Healthy Snack Checker
https://school.eatsmart.gov.hk/en/content_esas.aspx?id=6131
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>