

Letters to Parents



Eating Out

Dear Mom and Dad,

My birthday is coming! How about eating out at a restaurant with EatSmart Restaurant Star+ Decal for celebration?

I know that many restaurants have recently joined the “EatSmart Restaurant Star+” campaign, serving customers lots of delicious and healthy dishes, e.g. “More Fruit and Vegetables” dish in which either fruit and vegetables are the sole ingredients of the dish, or they occupy at least twice as much the amount of meat in the dish, “3 Less” dish in which they use less fat or oil, salt and sugar.

When eating out, my teacher reminded us to choose a dish cooked with more natural seasonings and ingredients, less gravy, and cooking methods including steaming, boiling, baking, grilling or stir-frying with less oil, etc. The major part of main meal should be grains, which means eating the most grains, followed by more vegetables, and least meat.

Also, desserts and cold drinks can be made with healthier alternatives, like choosing fruit or fruit-based desserts, pure fruit juice without added sugar, low-sugar soymilk, low-fat milk, or water. My teacher also taught us two sayings that we should use when ordering – “Less Oil” and “Less Sweet” – and that’s the way to eat smart!

Besides, I learned that we should not order too much food, and not to force ourselves to clean the plate. Why not taking the leftovers home for the next meal?

I’ve learned so many healthy eating tips, let’s practice! If you plan to eat out, don’t forget to have me as your company!

Your love.

