

Letters to Parents



Healthy Christmas for Kids

As parents and teachers, during Christmas, of course you would love to reach the children's wishes for the festival. You may plan to prepare a Christmas party or bring them to restaurants and enjoy a delicious Christmas meal. Try out the healthy tips below so that you can bring them a healthy, happy Christmas.

1. Teach children to eat slowly to prevent overeating and poor digestion.
2. Use a smaller plate to hold food which help control portion and get their body move more instead of sit and eat.
3. Choose healthier soups, such as minestrone, borsch and Chinese clear soup.
4. Eat breads without using butter or margarine. Dip breads into the soup can help reduce the feeling of dryness.
5. Be a role model and insist following the healthy eating principles: eat grains in the largest amount, follow by fruit and vegetables, and meat in the least amount.
6. Avoid choosing rice or noodle in high-fat and salty sauces. Comparatively, soba, sushi, steamed rice, noodle in soup or baked mashed potato are better choices.
7. Prepare sauces with fresh ingredients, such as fresh tomato sauce, pumpkin sauce, carrot sauce, spinach sauce or low-fat white sauce.
8. Choose main courses consisted of white meat, including chicken, turkey, fish and seafood. Provide fewer meaty dishes and avoid fatty cuts of meat or processed meat, for example beef brisket, pork jowl, spare ribs, chicken wings, sausages, bacon and ham.
9. Avoid high-fat, deep-fried food, such as deep-fried crab claw, tempura, spring rolls and Samosa.
10. Remind children to be hydrated all the time by drinking water, low-fat milk or low-sugar soy milk instead of soft drinks and sugary drinks.
11. Encourage children to eat more vegetables. Choose fruit or fruit-based desserts, such as fruit salad, fruit platter or fruit yoghurt.

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During Christmas, remember **not to**:

1. Give chocolates, sweets or unhealthy snacks to children as Christmas presents.
2. Let children eat whatever they want and overeat high-fat, sugary and salty food, such as cheesecakes, potato chips and soft drinks.
3. Encourage children to starve or restrict eating during the day for the Christmas feast.
4. Allow children eat irregularly and skip any main meals (breakfast, lunch or dinner) or snack frequently.

Lastly, wish you and your children with a lovely, healthy Christmas!

