

Letters to Parents



衛生署

Department of Health

Snacks

Dear Mom and Dad,

Today, Lok-lok, Ying-ying and I shared our snacks during recess. Lok-lok brought a small raisin bun and Ying-ying took a dozen of cherry tomatoes.

The amount of our snacks is small. Lok-lok explained that small amount of snack would not spoil our appetite for lunch, which was only two hours later. Ying-ying also said that her mother encouraged her to choose fruit and vegetables as snacks. It is because they are rich in dietary fibre and good for our bowels.

Lok-lok and Ying-ying liked the plain biscuits and the low-fat milk that we had prepared at home. Compare with full-milk, low-fat milk is also rich in protein and calcium, but less fat. It helps me keep a healthy body weight.

Don't overlook the effects of snacks on our health. Teacher said that if we have four pieces of cookies and a can of soft drink every week but do not exercise enough, we may accumulate five pounds of fat, which is similar to the size of a rugby ball in our tummy after one year. How scary!

Also, organic foods do not necessarily mean they are healthy snacks, as nutrient contents of the organic foods are similar to their non-organic counterparts. Most importantly, we should

Why are healthy snacks important? Because if consume the following weekly...	Weight gain after 1 year
4 pieces of candies	1.5 pounds
2 pieces of chocolate coated nuts	1.5 pounds
4 pieces of cookies	3.3 pounds
1 bar of chocolate	3 pounds
1 small bag of potato chips	2 pounds
5 pieces of siu mai	3.3 pounds
1 piece of sausage	1.5 pounds
1 piece of ice-cream cone	3 pounds
1 can of soft drink	2 pounds

Doing more exercise cannot offset the adverse effects of fat, sodium and sugar in less healthy snacks.

consider the nutritional value of snacks. Snacks which are natural, fresh and comply with the principle of '3 Low 1 High' (that is low-fat, low-sugar, low-salt and high-dietary fibre) shall be healthy options.

I know that appropriate amount of healthy snacks can support my daily needs of energy, nutrients and water for growth. We can choose snacks according to the ['Nutritional Guidelines on Snacks for Students'](#) in the website of Department of Health.

Your love.

