Letters to Parents

健康飲食在校園
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衞生署
Department of Health

Vegetables and Fruit

Dear Mom and Dad,

Spring is here! As you said, the weather is changing so take good care!

My teacher says that fruit and vegetables are rich in dietary fibre, many kinds of vitamins and minerals, and we have to eat enough of them every day to promote our health! Don't you know that potato is rich in carbohydrate but contains small amount of dietary fibre? So it actually considered as grains instead of vegetables! Moreover, many drinks with fruit juice or fruit flavouring are added with sugar or artificial flavours. Even pure fruit juice is not recommended to replace a whole fruit because the dietary fibre lost during fruit juice production, also fruit juice has a higher sugar content. Do you know that recently I haven't stayed long in the toilet and yell of constipation and tummy pain? It is because I am now eating at least a bowl of cooked vegetables and two servings of fruit every day.

Thanks for preparing fruit and vegetables in all sorts of varieties and colours for me every day. Broccoli, choy-sum, tomato, pumpkin, orange, mango and European pear are my favourites! I also love shopping with you for grapes, cherry tomato, corn, banana, and apple, which can be easily brought to school as snacks. My teacher has praised me for sharing the tasty fruit and vegetables snacks with my classmates during recess!

Your love.