

Hong Kong Christian Service Pui Oi School  
School Notice: 2019/2020\_014  
6<sup>th</sup> September, 2019

Dear Parents,

**Re: Promotion of Healthy Eating in School**

It is well recognised that a healthy diet not only promotes the health of children but also prevents future problems of obesity, heart diseases, diabetes, cancer and many other chronic diseases. To help our children grow healthily, it is pleased to inform you that our school will continue to join the “EatSmart School Accreditation Scheme” organised by the Department of Health. By implementing the “Healthy Eating School Policy”<sup>i</sup> and cultivating a healthier school environment, we hope that our students could eventually be benefited. To achieve this end, your support is indispensable and your attention is drawn to the following points:

1. Parents who prepare lunch set for their children should follow the standard laid down in the Nutritional Guidelines on Lunch for Students<sup>ii</sup>.
2. Parents should also make reference to the standard specified in the Nutritional Guidelines on Snacks for Students<sup>ii</sup> when preparing snacks for children. You can also check the “Database of Prepackaged Snacks” at the website of “Hong Kong Nutrition Association”<sup>iii</sup> for available “Green Light Snacks” and “Yellow Light Snacks” in the market. In addition, you may wish to learn that the DH’s “Snack Nutritional Classification Wizard”<sup>iv</sup> can help you to classify pre-packaged snacks according to guideline.
3. In addition to the fruit provided by school twice per week, parents should also encourage their children to take one to two medium-sized fruit a day.

To learn more about healthy eating, please visit the school website: [www.pos.edu.hk](http://www.pos.edu.hk). or the EatSmart@school.hk Thematic Website: <http://school.eatsmart.gov.hk>

Thank you very much for your attention.

Yours sincerely,



Mr. WAN Chun Ki  
Principal

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<sup>i</sup> The “Healthy Eating School Policy” is available at our school website: <http://www.pos.edu.hk>

<sup>ii</sup> “[Nutritional Guidelines on Lunch for Students](#)”, “[Nutritional Guidelines on Snacks for Students](#)”, “[Letter to parents: Provide children with fruit everyday to improve their health](#)” are available at the EatSmart@school.hk Thematic Website (<http://school.eatsmart.gov.hk>)

<sup>iii</sup> Database of Prepackaged Snacks” - <http://www.hkna.org.hk/en>

<sup>iv</sup> Snack Nutritional Classification Wizard - <http://school.eatsmart.gov.hk/en/template/index.asp?pid=4003&id=5000>