

香港基督教服務處培愛學校

健康飲食政策

理念

根據多項飲食研究顯示，營養與學習有著密切的關係。健康的飲食習慣不單可以提升學習效能，更可減低小朋友於成年期患上各種長期疾病的機會。本校深明肢體傷殘的學生更需要有健康的飲食政策，以助同學健康成長及改善學童的飲食習慣並讓他們懂得如何選擇合適的餐膳。

目的

本健康飲食政策旨在致力建立一個健康及衛生的飲食環境，向學生、家長及教職員推廣健康飲食的重要性，並鼓勵他們於日常生活中實踐。

內容

學校致力讓所有學生、家長及教職員明白健康飲食的重要。透過行政措施、午膳安排、小食安排、宣傳和教育及定期檢討等策略，提高他們的健康飲食意識。

I. 行政措施

- ✧ 學校宿舍部負責為全校學生預備午膳，有效控制飯盒的質素及營養。遇到任何特別情況，相關教職員會即時召開會議及作出適切跟進；
- ✧ 成立跨部門宿舍膳食小組，組員包括舍監/副舍監、老師、職業治療師、言語治療師、護士及廚師等，並由校長擔任顧問。膳食小組會負責制定及執行學校午膳政策，並會定期進行會議，適時檢視及改善午膳行政措施；
- ✧ 膳食小組亦會負責協調廚務的工作，包括監察食物的種類、營養價值及衛生狀況；並會收集意見和投訴個案，進行了解及跟進，務求令膳食服務更臻完善；
- ✧ 膳食小組亦會邀請家長教師會代表一起參與有關健康飲食的決策及活動，包括定期到廚房參觀，實地了解其衛生情況，並會進行試食及作出回饋；檢視飯盒運送流程及飯盒質素，為改善午膳服務提供寶貴意見等等；
- ✧ 職業治療部和言語治療部合作編製《餵食指引》，讓全校教職員知悉正確的餵食技巧。

II. 午膳安排

- ✧ 宿舍部同事會根據衛生署編製的《學生午膳營養指引》(最新版)初擬每月餐單，並會諮詢膳食小組組員意見，確保提供營養均衡，不含「強烈不鼓勵供應」的食品和不供應甜品的餐款；
- ✧ 午膳提供五穀類、蔬菜和肉類佔飯盒容量的比例應是三比二比一。每天須

供應蔬菜，只採用少量健康且不經氫化的植物油烹調。多選鈣質豐富的食物作用料，注意食物應少油、少糖及少鹽；

- ✧ 每月向學生和家長公佈已核准的菜單及上載於學校網頁，讓他們在知情的情況下作出選擇；
- ✧ 每天定時供應膳食，並提供舒適的環境及充裕的時間給學生進食；
- ✧ 若同學自備午膳，鼓勵家長參考《學生午膳營養指引》（最新版）製作餐盒。強調午膳提供最少一份蔬菜，並不含「強烈不鼓勵供應」的食品，例如油炸食物或鹹蛋、鹹魚等，以及不供應甜品；
- ✧ 如發現學生自攜午膳不符合健康飲食的政策，校方會跟家長溝通，加強他們對健康飲食的意識；
- ✧ 推廣吃水果的習慣，每星期於午膳至少會提供一份水果；
- ✧ 職業治療師於午膳時段巡視課室，確保午膳流程順暢；
- ✧ 利用熱水板及保溫箱確保飯盒有足夠溫度；
- ✧ 購買高溫加臭氧消毒碗櫃消毒飯盒及餐具，確保清潔衛生；
- ✧ 每天提供素食餐單配合學生需要，並鼓勵多菜少肉的健康飲食習慣；
- ✧ 增加五穀米和白米的比例，確保學生有足夠纖維攝取量。

III. 小食安排（包括食物和飲料）

- ✧ 建議帶健康小食回校，小食為獨立包裝、有食物標籤及最佳食用日期為佳；
- ✧ 不鼓勵以食物或小食作獎賞，避免與健康飲食的習慣及信息相違背；
- ✧ 鼓勵學生多喝清水，選購高效能的濾水器及濾材，提供清潔的飲用水；
- ✧ 校方確保學生在早操課後、兩個小息時段及午膳時能享用安全飲用水；
- ✧ 如發現學生自携的小食不符合健康飲食的政策，校方會跟家長溝通，加強對方對健康小食的意識。

IV. 宣傳和教育

- ✧ 每學年向家長發出學校健康飲食政策及各項措施的通告；
- ✧ 每三學年派發《家長手冊暨學生守則》，提醒家長不應讓學生帶零食回校進食；
- ✧ 每學年舉辦「開心水果日」活動，增強學生對水果營養價值的認識及養成每天吃水果的習慣；
- ✧ 鼓勵學生每年到衛生署學生健康服務中心進行體格檢驗，及接受與視力、聽覺、脊柱等有關的健康服務；
- ✧ 鼓勵家長和教職員以身作則，於日常生活中實踐健康飲食的習慣，作學生的良好榜樣；
- ✧ 將有關營養的主題納入教學課程及活動中；
- ✧ 家校合作小組會定期舉辦以食物營養為主題的講座或活動，提高家長對健

康飲食的認識。

V. 定期檢討

- ✧ 每學年檢討政策一次；
- ✧ 膳食小組負責檢討及草擬需修訂的政策內容；
- ✧ 修訂草擬經由膳食小組組員、家長教師會執委及校長通過方會生效。

Hong Kong Christian Service Pui Oi School

School Healthy Eating Policy

Belief

A number of diet studies have shown that nutrition and learning are closely related. Healthy eating habits not only can improve learning performance, but also reduce the opportunities that children in adulthood suffering from a variety of long-term disease opportunities. Students who are physically handicapped need to have a healthy diet policy to help their students grow up healthily. It is hoped that the School Healthy Eating Policy will improve students' eating habits.

Objectives

Our school is committed to promoting the importance of healthy and hygienic eating to our students, parents and staff on a long-term basis by establishing a healthy eating environment and encouraging them to build up a healthy eating habit and practice the habit in everyday life.

Content

Our school is committed to making all students, parents and staff understand the importance of a healthy diet and they know how to choose the right meals. The policy will enhance healthy eating awareness of the students, parents and staff through administrative measures, lunch arrangements, snack arrangements, education and publicity and regular reviews.

I. Administrative Measures

- ✧ The boarding section is responsible for preparing lunch boxes for all students with effectively controlling the quality and nutrition. In case of any special circumstances, a meeting will be held immediately to discuss and follow up properly.
- ✧ Set up an interdepartmental Lunch Catering Team consisting of warden/assistant warden(s), teachers, occupational therapists, speech therapists, nurses, cooks, and the principal as a consultant. The Lunch Catering Team are responsible for assisting in the formulation and implementation of school lunch policies, conducting regular meetings and reviewing lunch administrative measures in a timely manner.
- ✧ The Lunch Catering Team are also responsible for coordinating the cooking work, including monitor the types of food, nutritional value and hygiene conditions. It also will collect comments, understand and follow up complaint cases so as to improve the service.
- ✧ The Lunch Catering Team will invite parents of the Parent-Teacher Association to participate in decisions and activities related to healthy eating, such as visiting the kitchen to learn about their hygiene, to test food and to provide feedback; reviewing the lunch boxes delivery process and the quality of lunch boxes to

maintain good quality of the lunch service, etc.

- ✧ The Occupational Therapy Department and the Speech Therapy Department prepare the *Feeding Guidelines* to colleagues on how to feed the students properly.

II. Lunch Arrangements

- ✧ When the staff prepare the lunch menu, they will make reference to *Nutritional Guidelines on Lunch for Students* (Latest version). The team members of the Lunch Catering Team will review the menus in advance to ensure a balanced diet, with no "strongly discouraged food" and no desserts.
- ✧ The provision of cereals, vegetables and meat should be three to two to one. The boarding section needs to supply vegetables every day, use only a small amount of healthy and non-hydrogenated vegetable oil for cooking and select calcium-rich ingredients. The food should contain less oil, less sugar and less salt.
- ✧ Provide students and parents with the approved school lunch menu and upload them to the school website on a monthly basis, so that informed choice could be made.
- ✧ Provide students with regular meals every day and a comfortable environment and sufficient time for meal consumption.
- ✧ Encourage parents who prepare homemade lunch sets to observe *Nutritional Guidelines on Lunch for Students* (Latest version), with emphasis on providing at least one serving of vegetables, no "strongly discouraged food items" (e.g. deep-fried food, salted egg and salted fish) and no desserts in the lunch set.
- ✧ Handle cases of students who fail to bring lunch sets in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- ✧ Provide fruit to students at least once per week during lunch to nurture and promote the habit of eating fruit.
- ✧ The occupational therapist visits the classrooms during lunch time to ensure that the lunch process is smooth.
- ✧ Use the hot water boards and incubator boxes to keep the food warm enough.
- ✧ Purchase high temperature and ozone disinfecting cupboards to sterilize lunch boxes and tableware to ensure hygiene.
- ✧ Provide daily vegetarian menu to meet the needs of students and encourage healthy eating habits with more vegetables and less meat.
- ✧ Increase the proportion of grain rice and white rice to ensure adequate fiber intake.

III. Snack Arrangements (including food and beverage)

- ✧ Suggest students to bring healthy individual pack snacks with food and nutrition label and best before consumption date.
- ✧ Avoid rewarding students with food and avoid delivering messages that are contradicting to healthy eating habits.
- ✧ Encourage students to have water as their main drink and ensure all students can access to potable water. We buy high-performance water filters to provide clean drinking water.

- ✧ The school ensures that students have access to safe drinking water after the morning exercise sessions, two recesses and during lunch.
- ✧ Handle cases of students who fail to bring snacks in compliance with the school healthy eating policy in a manner agreed by both school and parents.

IV. Education and Publicity

- ✧ Inform parents of the School Healthy Eating Policy and various measures every academic year.
- ✧ Distribute *Parents' Handbook and Regulations for Students* every **three** academic years to remind parents not to allow students to take snacks back to school.
- ✧ Happy Fruit Day is held every academic year to enhance the students' knowledge of fruit nutrition value and cultivate the habit of eating fruit.
- ✧ Encourage students to enroll and attend the annual checkup at the Student Health Service Centre. Such services include physical examination and screening for health problems related to vision, audition, spine, etc.
- ✧ Encourage parents and school staff to practise healthy eating in their daily life as well so that they could set themselves as an example to their students.
- ✧ Incorporate nutrition education into the school curriculum and activities.
- ✧ Enhance parents' awareness of healthy eating, the Home-School Collaborative Group will hold regular lectures or activities on food and nutrition.

V. Regular Reviews

- ✧ Review policy every academic year.
- ✧ The Lunch Catering Team is responsible for reviewing and drafting the policy content.
- ✧ Revised drafts will be made effective through the Catering Team members, the executive committee of the Parent Teacher Association and the principal.

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