

香港基督教服務處培愛學校

--學校健康飲食政策--

逕啟者：

本通告旨在讓 貴家長知悉本校的飲食政策。健康飲食習慣有助促進學童健康成長，對預防肥胖、心臟病、糖尿病和癌症等慢性疾病至為重要。為使學生能健康成長和提升他們的學習能力，本學年學校將會繼續參與衛生署舉辦的「至『營』學校認證計劃」，透過執行各項措施以落實本校訂定的「學校健康飲食政策」，以營造一個健康飲食環境，幫助學生養成良好的飲食習慣。為鼓勵學生在生活中實踐健康飲食，誠希 貴家長能與我們攜手合作，詳情如下：

1. 自行預備午膳予學童的家長，請參考衛生署《[學生午膳營養指引](#)》(全日上學時適用)。
2. 在為學生預備小食方面，請參考衛生署《[學生小食營養指引](#)》。家長可到香港營養學會網站的「[有『營』小食資料庫](#)」，查閱符合「綠燈小食」及「黃燈小食」定義的小食。此外，家長還可以參考食物安全中心網站的「[食物標籤與營養標籤](#)」，及參考衛生署「[學生小食營養指引](#)」及「[至『營』小食站](#)」為附有營養標籤的包裝小食進行營養分類。
3. 學校每星期會為訂購午餐的學生提供壹次水果，並希望家長能鼓勵和確保學童每天進食一至兩個中型水果。

如欲知道更多健康飲食方面的資訊，請參閱[本校網頁](#)或[衛生署健康飲食專題網站](#)。

如有任何查詢，請聯絡周柏堅老師。

School's Dietary Policy

The purpose of this notice is to inform parents of our school's dietary policy.

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, our school will continue to join the “EatSmart School Accreditation Scheme” organized by the Department of Health. By implementing the “[Healthy Eating School Policy](#)” and cultivating a healthier school environment, we hope that our students could eventually benefit. To achieve this end, your support is indispensable, and your attention is drawn to the following points:

1. Parents who prepare lunch for their children should follow the standards laid down in the “[Nutritional Guidelines on Lunch for Students](#)”.
2. Parents should also make reference to the standards specified in the “[Nutritional Guidelines on Snacks for Students](#)” when preparing snacks for children. You can check the details of “Green Light Snacks” and “Yellow Light Snacks” at “[Database of Prepackaged Snacks](#)” on the website of the Hong Kong Nutrition Association. In addition, you may wish to learn from the Center for Food Safety’s “[Trade Guidelines on Serving Size of Prepackaged Food For Nutritio Labelling](#)” and the DH’s “[Nutritional Guidelines on Snacks for Students](#)” & “[Snack Nutritional Classification Wizard](#)”, which can help you classify pre-packaged snacks according to guidelines.
3. The school will provide fruits to students who order lunch twice per week. Parents should also encourage their children to take one to two medium-sized fruits a day.

To learn more about healthy eating, please visit the [school website](#) or <https://school.eatsmart.gov.hk/en/index.aspx>.

For enquiries, please contact Mr Chow Pak Kin Andy, teacher at 2490 2955.

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