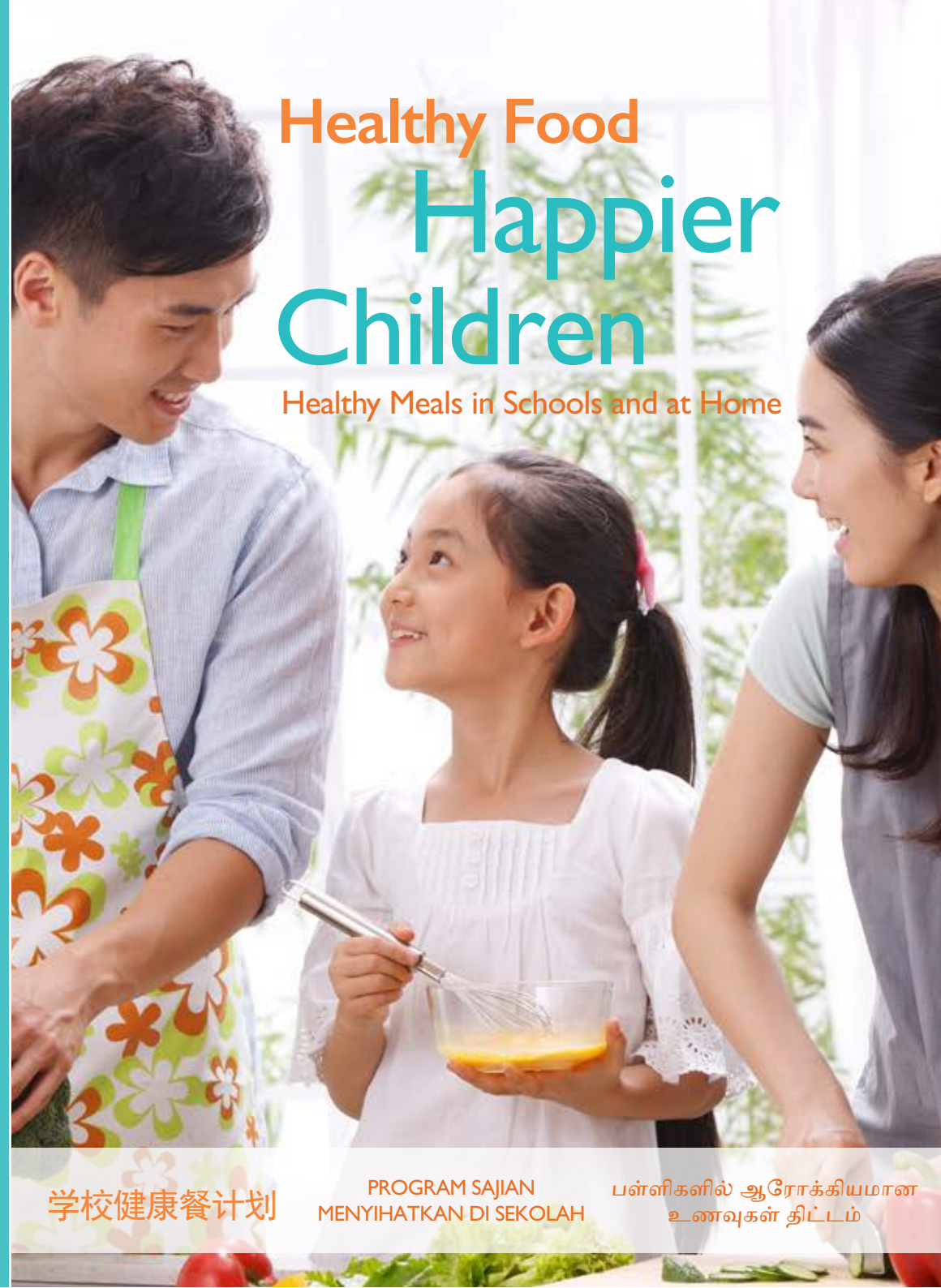


Healthy Food Happier Children

Healthy Meals in Schools and at Home



Health
Promotion
Board

**Be a good role model
– your positive example is your child's
most powerful learning tool.**

For more information on healthy eating, please call HealthLine at 1800 223 1313 or visit www.hpb.gov.sg/foodforhealth

学校健康餐计划

PROGRAM SAJIAN
MENYIHKAN DI SEKOLAH

பள்ளிகளில் ஆரோக்கியமான
உணவுகள் திட்டம்



Give your children the best

Childhood years are crucial to set the foundation for healthy growth. Eating a nutritionally balanced diet supports optimal growth and development. By encouraging healthy eating habits now, we can give our children the best opportunity to grow into healthy adults.

Teach them to make the right choice

Our children spend a good part of their day in schools – it is important to help our children eat well by educating them about healthy eating and encouraging them to practise good eating habits. The Health Promotion Board has partnered your child's school to develop healthy set meals as part of the Healthy Meals in Schools Programme.

Delicious yet healthy, the meals are specially prepared by school canteen vendors to ensure that your child benefits from a good mix of food from the four different food groups of the My Healthy Plate – brown rice and wholemeal bread; fruit and vegetables as well as meat and others.

Healthy Eating Begins at Home

Your home is also an important setting to reinforce healthy eating habits.

Getting your children to eat healthily is easy with these 8 handy tips:

- 1 **A good start** – Begin the day with a healthy breakfast that will provide your child with the energy needed to fuel the day!
- 2 **Wholesome whole-grains** – Cook or prepare food using whole-grain products (e.g. wholemeal bread, brown rice, whole-grain cereal, brown rice noodles)
- 3 **Good oils** – Use healthier oils such as canola, olive, soy, sunflower and peanut oils
- 4 **Balanced tastes** – Use less sugar and salt in cooking
- 5 **Lean and strong** – Prepare food using lean cuts of meat
- 6 **The more the merrier** – Make fruit and vegetables an integral part of your child's meal
- 7 **Water up** – Have your child drink plenty of water instead of sweetened beverages or fruit juices
- 8 **The Healthier Choice** – Look out for the Healthier Choice Symbol when buying food and beverages at the supermarket

