

元朗寶覺小學 健康飲食

健康飲食有助促進學童健康成長，預防心臟病、癌症、糖尿病等慢性疾病及肥胖的重要；惟現時本港學生因種種原因，普遍未能遵行健康飲食原則。本港的學童肥胖率更由十年前的約每六位學童有一位屬肥胖，飆升至現時的約每五位有一位，所以培養學童良好飲食習慣已是刻不容緩。

為使本校學童能健康成長和提升他們的學習能力，本校已參與衛生署舉辦的至「營」學校認證計劃，透過執行各項措施落實早前訂定的「學校健康飲食政策」(見附件)，以營造一個健康飲食環境，幫助學童養成良好飲食習慣。為鼓勵學童在生活中實踐健康飲食，希望 貴家長能與我們攜手合作，作出以下的配合：

- 一. 自行預備午膳予學童的家長，請參考「學生午膳營養指引」^{註1}；午膳**應提供最少一份蔬菜**（即半碗煮熟的蔬菜）、**不含「強烈不鼓勵」的食品**（例如油炸食物、鹹魚、鹹蛋或臘腸等鹽分極高的食物）和**不應供甜品**。五穀類食物、蔬菜和肉類佔飯盒容量的比例分別應為 **3:2:1**（即最多是飯／粉／麵，其次是蔬菜，最少是肉類）。
- 二. 在小食的安排方面，請參考「學生小食營養指引」^{註2}，**切勿提供「少選為佳」的食物和飲料**，例如炸薯片、朱古力、牛油曲奇、糖果、汽水或檸檬茶等高油、鹽、糖的食物。家長可選擇新鮮水果、水煮蛋、低脂奶、低糖豆漿或原味餅乾等作為健康小食。家長亦可到**香港營養學會網站**的「有『營』小食資料庫」^{註3}查閱那些在市面有售而符合「綠燈小食」及「黃燈小食」定義的小食。此外，家長還可以利用在衛生署健康飲食專題網站的「至『營』小食站」^{註4}，為附營養標籤的包裝小食進行營養分類。進食小食的時間和分量應以不應影響學童下一餐的胃口為原則。
- 三. 除本校為學童每星期所提供的(三次)水果外，希望家長能**鼓勵和確保學童每天進食 1 至 2 個中型水果**^{註5}。

如欲知道更多健康飲食方面的資訊，請參閱衛生署健康飲食專題網站：

<http://school.eatsmart.gov.hk>

備註:

1. 「學生午膳營養指引」(最新版) http://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf
2. 「學生小食營養指引」(最新版) http://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf
3. 「有『營』小食資料庫」 <https://www.hkna.org.hk/zh-hant/有「營」小食資料庫-2024>
4. 「至『營』小食站」 https://school.eatsmart.gov.hk/b5/content_esas.aspx?id=6131
5. 「日日二加三」 <https://www.chp.gov.hk/tc/static/100011.html>

元朗寶覺小學 健康飲食政策
Yuen Long Po Kok Primary School Healthy Eating Policy

目的 (Objectives)

1. 培養學生良好的飲食習慣。
Cultivate students' good eating habits
2. 使學生及家長明白健康飲食的重要。
Promote the importance of healthy eating to our parents and students

(一)政策內容 - 午膳 Contents of the policy-Lunch

1. 學校午膳供應商每天提供的四款餐盒，需根據衛生署編製的《學生午膳營養指引》(修訂版)製作。餐盒的份量按不同的級別而分配。
The lunch supplier needs to provide four kinds of lunch boxes based on the "Nutritional Guidelines on School Lunch for Students" (Revised) published by the Department of Health. The amount of lunch boxes should vary due to different levels of students.
2. 訂購午膳餐單會包含一款營養資料，並於每月事先公佈，讓學生及家長了解有關資訊，選擇合乎營養需要的午膳。
Students and parents are provided with the approved school lunch menu, together with their nutritional information, on a monthly basis so that informed choice could be exercised.
3. 學校要求午膳供應商每週(五個上課天)提供三次水果。
The lunch supplier needs to provide fruit three times a week.
4. 學校不准許學生於午膳期間進食零食。
Students are not allowed to eat snacks during lunch time.

(二)政策內容 - 小食 Contents of the policy-Snacks

1. 嚴禁在校內售賣及推廣《學生小食營養指引》內被定為「少選為佳」的小食，小食部只售賣豆奶飲品、蒸餾水及餅乾等。
With reference to the 'Nutritional Guidelines on Snacks for Students' issued by the Department of Health, the school forbids the sale of snack belonging to the group of "Snacks to Choose Less". Only soya bean drinks, distilled water and biscuits are sold at the tuck shop.
2. 學生須簽署「健康小食承諾書」，只帶健康小食回校。
All students need to sign 'Healthy snacks declaration'. They can only bring healthy snacks to school.
3. 嚴禁在校內宣傳或推廣不健康飲品/小食，及避免這類製造商贊助校內活動。
The school forbids the promotion of unhealthy snacks and the sponsorship of school activities by manufacturers of such snacks.
4. 學校各樓層皆設置飲水機，提供符合衛生標準的飲用水。
Drinking fountains are installed at school. Students are encouraged to have water as their main drink.

(三)政策內容 - 監察、推廣及其他相關措施 Contents of the Policy - Monitor, Promote and Other Related Measures

1. 學校會定期監察午膳供應商(及小賣部)食品の種類、價格、營養價值及衛生狀況；以及收集投訴個案，進行了解及跟進，務求令其服務更臻完善。
The school has to check the prices, the nutrition values and the hygiene of lunch boxes and snacks regularly. It needs to deal with complaints to ensure the quality of the suppliers.
2. 師生一起在校內共同進食午膳，營造融洽和諧的用膳氣氛，培養良好的飲食習慣。
Students have their lunch with teachers to establish a good harmonious atmosphere and build up healthy eating habits.
3. 邀請家長義工於學期初協助低年級學生進行午膳。
Parents help P.1 and P.2 students to have their lunch at the beginning of the school year.
4. 學校致力促進家長營養教育，如透過派發通告或其他健康教育單張，教導他們如何為自己的孩子預備健康午膳飯盒或小食。
The school endeavours to educate parents on nutrition by means of notices or leaflets, so that they know how to prepare healthy lunch or snacks for their children.
5. 提供有關健康飲食的講座予家長及學生，讓他們明白健康飲食的重要。
Promotional seminars on healthy eating are organized in each school year to let parents and students understand the importance of healthy eating.
6. 鼓勵學生遵守飲食禮儀，如進食及接觸食物前應洗手及進食時應避免談話。

Students are encouraged to demonstrate good eating manners during lunchtime. For instance, they need to wash their hands before eating and eat silently.

7. 教職員要以身教配合言教，於日常生活中實踐健康飲食的習慣，作學生的良好榜樣。
School staff are encouraged to practise healthy eating in their daily life as well so that they can set themselves as an example to their children / students.

(四)設立午膳監察組及食物部監察組 Lunch Inspection Committee and Snacks Inspection Committee

1. 成立午膳監察組及食物部監察組，成員包括總務組，家教組的教師及家長代表，定期評估午膳飯盒質素及評估小食及飲品的質素。
Lunch Inspection Committee and Snacks Inspection Committee are set up to assess lunch boxes and the snacks and drinks at school. Members come from Miscellaneous Group and PTA.
2. 負責監察校內食物及飲品的供應是否符合健康及衛生的標準。
The committees ensure the tuck shop sell healthy snacks and drinks.
3. 為確保食物品質受到保證，透過觀察、訪問或問卷，以調查午膳供應商及小食部提供食物的質素，並根據相關資料，要求供應商跟進及改善。
Through observation, interviews and questionnaire, the school records and assesses the lunch boxes and snacks to ensure their quality.
4. 確保政策內的各項目得到切實的執行及獲得相應的人力物力支援。
The implementation of various measures relating to healthy eating should be executed with enough manpower and financial support.

(五)訂立及參照工作指引 Set up guidelines for the healthy policy

午膳監察組及食物部監察組會為上述各點制定指引，並確保有關人士獲得充分的了解，各指引如下：
The Lunch Inspection Committee and the Snacks Inspection Committee are responsible for setting up guidelines about the school eating healthy policy. Details are as follows:

1. 健康飲食指引 Guidelines on healthy eating
2. 學校小食部營運指引 Guidelines on running of the school tuck shop
3. 小食部進食指引 Guidelines on eating snacks
4. 午膳時進食指引 Guidelines on eating lunch box.
5. 學校午膳安排指引 Guidelines on lunch arrangement at school.

(六)檢討及修訂 Review and revise

1. 本健康飲食政策每年檢討一次。
The school healthy eating policy is reviewed every year.
2. 午膳及食物部監察組負責檢討及修訂政策內容，再由校長審批。
The Lunch Inspection Committee and the Snacks Inspection Committee are responsible to revise the eating policy and pass it to the principal for approval every year.

(七)參考資料 (Reference)

1. 衛生署 健康飲食在校園 <http://school.eatsmart.gov.hk>
2. 衛生署 學生午膳營養指引(最新版) http://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf
3. 衛生署 小學生小食營養指引(最新版) http://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf
4. 教育局學校行政及管理 → 行政規則 → 學校行政手冊 → 3.學生事務 → 3.5 健康事宜 → 3.5.5 健康飲食
http://www.edb.gov.hk/attachment/tc/sch-admin/regulations/sch-admin-guide/SAG_C.pdf
5. 教育局 學校膳食安排指引
https://www.edb.gov.hk/attachment/tc/sch-admin/admin/about-sch/meal%20arrangement%20guidelines_Chi.pdf
6. 環境保護署 學校推行環保午膳指引 https://www.wastereduction.gov.hk/chi/schools/green_lunch.htm