

學童健康飲食成績表

學生姓名： Sample
學生班別： Sample
學校名稱： Sample
參與日期： Sample

總分數： 61 /100

總等級： B- (良好)



孩子的飲食模式

等級： C- (尚可)

早餐的習慣

家長應培養孩子**每天**吃健康早餐的習慣，有研究顯示，吃早餐有助提升孩子學習能力及減少行為問題。



評語： 良好



應培養孩子定時吃喝的習慣，每天定時給孩子早、午、晚三餐，正餐之間只提供一次茶點。

多元化飲食

孩子**每天**需要進食**五種基本食物種類**（即穀物類；水果類；蔬菜類；肉、魚、蛋及代替品；奶類及代替品），從而攝取充足能量及營養素來預防疾病。



評語： 良好



選擇食物時應多元化，以達至均衡飲食，同時勿讓孩子依賴配方奶粉，以免降低對其他食物的興趣。

蔬菜攝取量

2-3歲的幼兒**每天**應至少吃約**1碗**煮熟的瓜菜，減低有害致癌物質在腸道積聚，以保持腸道健康。



評語： 有待改善



可利用不同種類、顏色、形狀或質感的食物提升菜式的吸引力，增加孩子進食的興趣。

水果攝取量

2-3歲的幼兒**每天**應至少吃約**1碗**的水果塊，有助增強身體抵抗力，減低患病機會。



評語： 有待改善



可預先把水果切粒放在家中的當眼處，讓孩子容易取用。亦可把水果作為小食，取代零食。

喝水量

2-3歲的幼兒**每天**應至少喝**5杯半**流質飲品，以補充所需水分。一般來說，水是最佳的選擇。(1杯 = 240毫升)



評語：有待改善



把盛了水的杯子放在家中的當眼位置（如餐桌上），有助提醒孩子多飲水。

較少吃（高鈉、高糖及高脂）零食

進食過量「三高」零食容易致肥更增加，影響健康。家長應為孩子選擇一些較健康的零食（如：低糖豆腐花、堅果、水果），應**逐漸減少**提供一些「三高」零食。



評語：良好



家長需避免使用零食安撫孩子的情緒或是用零食當作獎勵，以免令孩子對甜食產生依賴。

較少喝加糖飲品

家長避免為孩子提供加了糖分的飲品。一盒包裝飲品的糖分，已經接近建議的上限。飲用含糖量高飲品容易令孩子攝入過多糖分和蛀牙。



評語：有待改善



家長需避免在家中存放過多的零食及加糖飲品，亦避免放在當眼處，有助降低孩子拿取進食的意慾。



家長的食物選擇及準備

等級：B+（良好）

評分項目

- ❶ 選擇「三低一高」（即低脂肪、低鹽、低糖及高纖維）的食品，以免孩子攝取過多的熱量而導致肥胖 ☒
- ❷ 選擇全穀物的食品（如：糙米、全麥麵包），以增加膳食纖維的攝取量 ☒
- ❸ 避免加工或罐頭肉類（如：火腿、煙肉、腸仔） ☒

* 未能達到健康選擇/煮食的建議

- ❹ 烹調前先去除肉類中所有可見脂肪或雞肉的皮 ☒
- ❺ 用較健康少油的烹調方法（如：蒸、焯、少油快炒及焗） ☒
- ❻ 減少使用油/鹽/糖的調味料，改用天然的配料或香料 ☒



家中的用餐環境

等級：A (優良)

評分項目

* 未能達到有利健康用餐環境的建議

- | | | | |
|----------------------------------|-------------------------------------|--------------------------------|-------------------------------------|
| 1 為避免孩子分心，用餐前會關掉電視機和收起玩具、手機或平板電腦 | <input checked="" type="checkbox"/> | 4 讓孩子跟家人吃同樣的食物，分享家人的飯菜，有更多食物選擇 | <input checked="" type="checkbox"/> |
| 2 家中用餐定時 | <input checked="" type="checkbox"/> | 5 較常在家中準備餸菜，讓孩子避免進食外賣 | <input checked="" type="checkbox"/> |
| 3 讓孩子經常與家人一起同枱吃飯，與家人互動 | <input checked="" type="checkbox"/> | | |



切記要營造和諧歡樂的進餐氣氛，讓孩子享受進食的過程，不宜在進餐時嘮叨、責備和哄誘孩子。

以上的評分標準是根據世界衛生組織及香港衛生署的建議。希望這健康飲食成績表能幫助貴家長更注重學童的健康飲食。再一次感謝你們參與我們的研究計劃。

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優良：A+ = 94%-100%; A = 87%-93%; A- = 80%-86%;

良好：B+ = 74%-79%; B = 67%-73%; B- = 60%-66%;

一般：C+ = 54%-59%; C = 47%-53%; C- = 40%-46%;

欠佳：D+ = 34%-39%; D = 27%-33%; D- = 20%-26%;

極差：F = <20%

Wan, A. W. L., Chung, K. K. H., Li, J. B., Xu, S. S., & Chan, D. K. C. (2024). A report card assessment of the prevalence of healthy eating among preschool-aged children: A cross-cultural study across Australia, Hong Kong, Singapore, and the US. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1428852>

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蔬菜攝取量

4-6歲的幼兒**每天**應至少吃約**1.5碗**煮熟的瓜菜，減低有害致癌物質在腸道積聚，以保持腸道健康。



評語： 有待改善



可利用不同種類、顏色、形狀或質感的食物提升菜式的吸引力，增加孩子進食的興趣。

水果攝取量

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4 讓孩子跟家人吃同樣的食物，分享家人的飯菜，有更多食物選擇



2 家中用餐定時



5 較常在家中準備餸菜，讓孩子避免進食外賣



3 讓孩子經常與家人一起同枱吃飯，與家人互動



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Healthy Eating Report Card

Name: Sample
Class: Sample
Name of School: Sample
Participation Date: Sample

Overall Score : 61 /100

Overall Grade : B- (Good)



Children's Dietary Patterns

Grade : C- (Fair)

Regular Breakfast Habit

Children should develop the habit of eating breakfast **daily**. Research has shown that a regular breakfast routine enhances children's learning abilities and reduces behavioural problems.



Comment : Good



Establish a regular dietary habit for your child. Give your child 3 main meals, with breakfast, lunch, and dinner, plus 2 or 3 snacks (between meals) every day.

Eat Variety

Children need foods from all 5 main food groups **daily** (i.e., Grains, Vegetables, Fruits, Meat, Fish, Egg and Alternatives, and Milk and Alternatives) to ensure children get all the nutrients and energy they need to develop and stay healthy.



Comment : Good



Choose a variety of foods to achieve a balanced diet. Meanwhile, children should not rely on formula milk to avoid reducing their interest in other foods.

Vegetable Intake

Children aged 2 to 3 should have at least **1 bowls** of vegetables **daily** to prevent the accumulation of carcinogens in the intestines and maintain intestinal health.



Comment : Needs Improvement



Make dishes more attractive and interesting by using food items of different types, colours, shapes, and textures to increase children's interest in eating.

Fruit Intake

Children aged 2 to 3 should have at least **1 bowls** of fruit **daily** to boost immune function to reduce the risk of getting sick.



Comment : Needs Improvement



Place pre-cut fruits within reach of children, making them easy to access. Fruits can also be used as snacks, replacing unhealthy options.

Water intake

Children aged 2 to 3 should have at least **5.5 glasses** of fluid **daily** to replace lost fluids. Water is the best choice.
(1 glass= 240ml)



Comment : Needs Improvement



Put cups filled with water at places within reach of children (e.g., on the dining table) to remind children to drink more water.

Reduce fat, salt and sugar intake from snacks

Excessive consumption of "three-high" snacks can lead to weight gain and negatively impact health. Parents should choose healthier snacks for their children (e.g., low-sugar tofu pudding, nuts, and fruits), and **gradually reduce** the availability of "three-high" snacks.



Comment : Good



Avoid using junk food as a reward or to soothe emotions during tantrums, as it may lead to an emotional dependence on sugar.

Reduce Sugar Sweetened Beverage Intake

Parents should avoid offering drinks with added sugar, as sugar content in packaged beverages may exceed the recommended daily limit for consumption. Drinking sugary beverages makes it easy for children to consume too much sugar and increase the risk of cavities.



Comment : Needs Improvement



Avoid stocking too many snacks and sugary drinks at home, especially in visible areas, to prevent tempting children.



Parental Food Choices and Preparation

Grade : B+ (Good)

Grading criteria

- ① Choose foods that are "3 low 1 high" (i.e. low fat, low salt, low sugar, and high in dietary fibre) to avoid excessive calorie intake and prevent obesity ☒
- ② Choose whole-grain foods (e.g., brown rice, wholemeal bread) to increase dietary fibre intake ☒
- ③ Avoid processed or canned meat (e.g., ham, bacon, sausage) ☒

*Failure to meet healthy choices/cooking recommendations

- ④ Trim all visible fat from meat or remove the skin from poultry before cooking ☒
- ⑤ Use low-fat cooking methods more often (e.g., steaming, blanching, stir-frying with less oil, baking) ☒
- ⑥ Reduce the use of oil, salt, and sugar in seasonings, and opt for natural ingredients or herbs and spices for flavouring and marinating ☒



Family Mealtime Environment

Grade : A (Excellent)

Grading criteria

- ① Avoid distractions, turn off the TV and put away toys, phones, or tablets before meals
- ② Establish regular mealtime routines at home
- ③ Encourage children to have regular meals with the family and interact during mealtime



*Failure to meet recommendations for a positive mealtime environment

- ④ Let children eat the same food as the family and share family dishes, giving them more chances to try a wider range of foods
- ⑤ Prepare meals at home more often to help children avoid eating takeout



Remember to create a harmonious and joyful mealtime environment to help children enjoy their meals. Avoid nagging, criticising, or coaxing them during mealtime.

The above grading criteria are based on the recommendations and guidelines of the World Health Organisation and the HKSAR Department of Health for healthy eating. We hope this Healthy Eating Report Card will help parents pay more attention to their children's healthy eating habits. Once again, thank you for participating in our research program.

Sample

DATE

Remark: The total score and grade are calculated based on five indicators in the children's healthy eating report card, including: (1) Children's Dietary Patterns, (2) Children's Mealtime Behaviours, (3) Parental Food Choices and Preparation, (4) Home Healthier Food Availability and Accessibility, and (5) Family Mealtime Environments.

The report card independently display the grades for (1) Children's Dietary Patterns, (2) Parental Food Choices and Preparation, and (3) Family Mealtime Environments. The grades are based on the percentage of benchmarks met within each indicator.

EXCELLENT: A+ = 94%-100%; A = 87%-93%; A- = 80%-86%;
GOOD: B+ = 74%-79%; B = 67%-73%; B- = 60%-66%;
FAIR: C+ = 54%-59%; C = 47%-53%; C- = 40%-46%;
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Comment : Good



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Children aged 4 to 6 should have at least **1.5 bowls** of vegetables **daily** to prevent the accumulation of carcinogens in the intestines and maintain intestinal health.



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Sample

DATE

Remark: The total score and grade are calculated based on five indicators in the children's healthy eating report card, including: (1) Children's Dietary Patterns, (2) Children's Mealtime Behaviours, (3) Parental Food Choices and Preparation, (4) Home Healthier Food Availability and Accessibility, and (5) Family Mealtime Environments.

The report card independently display the grades for (1) Children's Dietary Patterns, (2) Parental Food Choices and Preparation, and (3) Family Mealtime Environments. The grades are based on the percentage of benchmarks met within each indicator.

EXCELLENT: A+ = 94%-100%; A = 87%-93%; A- = 80%-86%;

GOOD: B+ = 74%-79%; B = 67%-73%; B- = 60%-66%;

FAIR: C+ = 54%-59%; C = 47%-53%; C- = 40%-46%;

NEEDS IMPROVEMENT: D+ = 34%-39%; D = 27%-33%; D- = 20%-26%;

POOR: F = <20%

Wan, A. W. L., Chung, K. K. H., Li, J. B., Xu, S. S., & Chan, D. K. C. (2024). A report card assessment of the prevalence of healthy eating among preschool-aged children: A cross-cultural study across Australia, Hong Kong, Singapore, and the US. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1428852>

