



Chiu Sheung School, Hong Kong  
79B Pok Fu Lam Road, Hong Kong  
Tel : 2546-1644 Fax : 2517-2483  
Website : [www.csshk.edu.hk](http://www.csshk.edu.hk)

1<sup>st</sup> November, 2021

Dear Parents/Guardians,


Notice on Healthy snacks in school 2021-2022 No.072B  
(To: All Students)

According to the "Nutrition of Healthy Snacks in Primary Schools" issued by the Department of Health, our school recommends that parents should choose suitable snacks for their children to enjoy during their breaks. When choosing snacks, parents can consider the following principles:

1. Choose fresh and natural foods
2. Choose low-fat, low-sugar, and low-salt snacks
3. Replace sugary drinks with water
4. Snacks that are rarely selected and not suitable for consumption include:  
jelly candies, chocolate cakes, potato chips and all fried foods

Finally, parents are advised to teach and cultivate the correct eating attitude for your children. It is advisable to chew slowly and avoid eating too quickly. Safe and healthy eating is the primary principle at all times.

Due to hygiene and food allergy issues, the school does not recommend that your children share snacks with classmates. Thank you for your attention.

  
Mr. Chim/Hon Ming  
Principal, CSSHK



To: CSSHK

Class No: (       )

Reply Slip for Notice on Healthy snacks in school 2021-2022 No.072B

I acknowledge receipt of the above notice.

Name of student: \_\_\_\_\_ Class: \_\_\_\_\_

Name of parent: \_\_\_\_\_ Signature: \_\_\_\_\_

03-11-2021 Keung