Healthy Meals in Childcare Centres Programme (HMCCCP) Toolkit
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What is Healthy Meals in Childcare Centres Programme (HMCCP)?

Research shows that children form food preferences mostly during their pre-school years, and the eating habits are more difficult to change later on in life. Pre-schoolers are ready and eager learners, and this allows child care providers the opportunity to cultivate healthy eating habits.

In view of this, the Health Promotion Board introduced the Healthy Meals in Child Care Centres Programme (HMCCP). Under this programme, participating child care centres are required to comply with food service guidelines which aim to cut down fat, sugar and salt and serve whole-grains, fruit and vegetables in the meals; and serve healthy set meals. These healthy set meals incorporate food from the four main food groups – brown rice and wholemeal bread, meat and others, vegetables and fruit – thereby helping children receive the right nutrients necessary for their growing needs.

Culinary training and assessments are provided for child care centres. During the culinary training workshops, the cooks and supervisors of child care centres are advised on menu planning and are trained on healthier cooking methods. They are also taught how to prepare healthier ingredients such as brown rice and the appropriate portioning of food for the children.

Apart from providing healthier meals, participating child care centres are also encouraged to educate children on healthy eating.

Participating child care centres are evaluated annually by assessors commissioned by HPB.
Food Service Criteria

1. Provide cow’s or calcium-fortified soy milk/milk powder for each child per day.

2. For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.

3. Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.

4. When high fat ingredients (e.g. coconut milk/cream, yoghurt, cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with reduced-fat alternatives (e.g. reduced-fat evaporated milk, reduced-fat yoghurt, reduced-fat cheese, reduced-fat mayonnaise and reduced-fat cream).

   Use oils with the Healthier Choice Symbol in food preparation. Butter, lard and ghee shall not be used.

5. Use skinless poultry and lean meat when preparing food.

6. Provide water during lunch.

7. Food in the 4 food groups (1) brown rice & wholemeal bread1 (2) fruits (3) vegetables (4) meat & others2, shall be served at lunch. Vegetables and fruit shall be served in the following amounts:

   a) Vegetables: 1.5 to 3 heaped dessertspoons
   b) Fruit: ¼ to ½ serving. Examples of ¼ serving of fruit are ¼ small apple or ¼ wedge of watermelon.

8. Include whole-grains:
   a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice
   b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice
   c) Use only wholemeal/whole-grain bread to prepare sandwiches

9. Prepare home-made snacks according to the criteria below (where applicable):
   a) Comply with the Healthy Meals in Child Care Centres Programme criteria
   b) Sugar content shall be equal to or less than 1 tablespoon per serving1

---

1 Per serving refers to a typical serving portion of the home-made snack.
**Nutrition Education Criteria**

1. Introduce My Healthy Plate.
2. Share the basic concept of healthy eating which consist of choosing the right type of food and the right amount of food.
3. Share the importance of taking whole-grains, fruit and vegetables.
4. Introduce the Healthier Choice Symbol (HCS) and explain why HCS products are healthier.
5. Prepare a healthy meal with children involved.
6. Organise field trip to reinforce learning on healthy eating.
7. Set up learning corners to reinforce children’s learning on the importance of healthy eating.
8. Engage parents in activities to promote healthy eating.

*Note: These criteria are valid from 1 April 2016 to 31 March 2017*
HMCCP Cycle

- Consultation approximately once every 4 months
- Re-certification yearly
- Nutrition Education and Hands-on Culinary Training once every two years

Nutrition Education and Hands-on Culinary Training
Consultation
Assessment

Certified as HMCCP child care centre
To be supported by HPB
Nutrition Education and Hands-on Culinary Training Workshop

Each childcare centre is encouraged to send 2 representatives - centre supervisor and main cook for the 4-hour workshop.

A nutritionist/dietitian will provide basic nutrition knowledge for the participants.

A professional chef will conduct a cooking demonstration and provide advice on menu planning. He will train participants on healthier cooking methods and how to prepare healthier ingredients such as brown rice and the appropriate portioning of food for the children.

Participants will work in pairs and enjoy a hands-on culinary session with guidance from the professional chef.
Consultation

The HMCCP consultation is a personalised consultation conducted by HPB consultant before the actual assessment. It is similar to a mock up assessment to help benchmark the childcare centre against the HMCCP criteria.

At the consultation, areas for improvement will be shared with the centre to assist it with ironing out the major difficulties and bridging the gaps so that the centre will be able to pass the actual assessment.

The consultation process is largely similar to an assessment. Refer to pages 10 to 20 for the detailed assessment process.
Assessment

The criteria for passing HMCCP are:

<table>
<thead>
<tr>
<th>Passing Criteria</th>
<th>✓</th>
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<tbody>
<tr>
<td>Must have completed the Nutrition Education and Hands-on Culinary Training Workshop</td>
<td></td>
</tr>
<tr>
<td>Food Service Criteria</td>
<td>✓</td>
</tr>
<tr>
<td>Met all food service guidelines i.e. 9/9</td>
<td></td>
</tr>
<tr>
<td>Nutrition Education Criteria</td>
<td>✓</td>
</tr>
<tr>
<td>Met at least 6 guidelines i.e. ≥ 6/8</td>
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Upon completion of both HMCCP Hands-on Culinary Training Workshop and HMCCP consultation, the childcare centre will be scheduled for assessment. The consultant will email the centre informing them of the 2-week window period during which he/she may go down on any day during lunch time for the assessment.

The centre should inform the consultant which day/s the centre supervisor may not be at the centre within the 2-week period. Alternatively, he/she may assign another teacher to facilitate the assessment.

Centres need to prepare 4-week menu, recipes (if applicable) and documentation for nutrition education (eg curriculum outline, lesson plans or photos) in advance for the assessment.
Criterion 1

Provide cow’s or calcium-fortified soy milk/milk powder for each child per day.

- The consultant will request for a copy of the 4-week menu and check to ensure that cow or calcium-fortified soy milk/milk powder is served daily.
Criterion 2

For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.

- The consultant will ask the cook for recipes of sweetened drinks and desserts to ascertain the sugar content per 100ml of water used.
- If there is no recipe, the consultant will measure the amount of water and sugar the cook uses to prepare the sweetened drinks/desserts and compute the sugar level.
- For example:
  - ✓ 7,500ml of water
  - ✓ 250g of sugar
  - ⇒ Sugar content is 3.3g/100ml

The centre passes criterion 2.
Criterion 3

Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.

- The consultant will check the 4-week menu to ensure that deep-fried food, pre deep-fried food upon purchase and preserved food are not served.

- Besides checking the kitchen/fridge, the consultant will also observe what is being served to the children during lunch to ascertain if deep-fried food, pre deep-fried food upon purchase and preserved food are not served.
Criterion 4

When high fat ingredients (e.g. coconut milk/cream, yoghurt, cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with reduced-fat alternatives (e.g. reduced-fat evaporated milk, reduced-fat yoghurt, reduced-fat cheese, reduced-fat mayonnaise and reduced-fat cream).

Use oils with the Healthier Choice Symbol in food preparation.

Butter, lard and ghee shall not be used.

- The consultant will check the 4-week menu for items that are likely to be prepared using the high fat ingredients.
- She will interview the cook and examine the products used in the kitchen.
- She will ascertain if half or more of the required amount has been replaced with the low fat alternatives.
- She will ascertain if the oil used in food preparation contains the Healthier Choice Symbol (HCS).
- She will also ascertain if butter, lard and ghee are not used. Soft margarine can be used instead.
Criterion 5

Use skinless poultry and lean meat when preparing food.

- The consultant will interview the cook if skin of poultry is removed during food preparation.

- She will also check the fridge to ensure that skinless poultry is being used.
Provide water during lunch.

- The consultant will observe if water is being served during lunch.
Criterion 7

Food in the 4 food groups (1) brown rice & wholemeal bread (2) fruits (3) vegetables (4) meat & others, shall be served at lunch. Vegetables and fruit shall be served in the following amounts:

a) Vegetables: 1.5 to 3 heaped dessertspoons
b) Fruit: ¼ to ½ serving. Examples of ¼ serving of fruit are ¼ small apple or ¼ wedge of watermelon.

- The consultant will check the 4-week menu to ensure that lunch contains food from the 4 food groups daily.
- She will observe what is being served during lunch.
- She will scoop out the vegetables served using a dessertspoon to ensure that each child is served at least 1.5 heaped dessertspoons of vegetables.
- If the serving size of the fruit served cannot be determined, the consultant will weigh the fruit serving portion for each child. The fruit served must be at least 32.5g (¼ serving of fruit).
Criterion 8

Include whole-grains:

a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice
b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice
c) Use only wholemeal/whole-grain bread to prepare sandwiches

- The consultant will check the 4-week menu to ensure that unpolished rice, wholemeal beehoon and wholemeal/whole-grain are being served.

- She will interview the cook for the proportion of unpolished rice and wholemeal beehoon used to ascertain if the proportion used is at least 20%. For example, for a total of 5 cups of rice, 20% would require 1 cup of unpolished rice and 4 cups of white rice.

- She will interview the cook to ensure that only wholemeal/whole-grain bread is used to prepare sandwiches.

- She will verify the presence of these wholemeal/whole-grain items in the kitchen.
Criterion 9

Prepare home-made snacks according to the criteria below (where applicable):

a) Comply with the Healthy Meals in Child Care Centres Programme criteria

b) Sugar content shall be equal to or less than 1 tablespoon per serving

- The consultant will ask the cook for recipes of home-made snacks, where applicable, to ascertain the sugar content per serving per child. The sugar content must be equal to or less than 1 tablespoon per serving, i.e. 15g.

- If there is no recipe, the consultant will measure the amount of sugar the cook uses to prepare the snack and compute the sugar level.

- For example: Cake
  - 462g of sugar
  - Serves 76 children
  - Sugar content per child per serving is 6.1g

The centre passes criterion 9.
Nutrition Education Criteria

1. Introduce My Healthy Plate.
2. Share the basic concept of healthy eating which consist of choosing the right type of food and the right amount of food.
3. Share the importance of taking whole-grains, fruit and vegetables.
4. Introduce the Healthier Choice Symbol (HCS) and explain why HCS products are healthier.
5. Prepare a healthy meal with children involved.
6. Organise field trip to reinforce learning on healthy eating.
7. Set up learning corners to reinforce children’s learning on the importance of healthy eating.
8. Engage parents in activities to promote healthy eating.

- The consultant will ask questions on the nutrition education components and request for documentation (e.g. curriculum outline, lesson plans or photos) to support them.
Assessment Results

- After the assessment, the consultant will highlight the areas the childcare centre has done well and the areas to be improved.

- The assessment results will be not disclosed on the assessment day itself. HPB will review the assessment report and inform the centre of the assessment results via email.

- Centres that pass HMCCP assessment will receive the HMCCP certificate from HPB via registered mail.
HMCCP Survey for Teachers

SURVEY ON THE HEALTHY MEALS IN CHILD CARE CENTRES PROGRAMME

Dear Teacher,

Thank you for supporting the Healthy Meals in Child Care Centres Programme in your child care centre. This programme was developed by the Health Promotion Board to help child care centres provide healthier meals to the children.

We would appreciate if you could take some time to complete this survey and share with us your valuable views about the programme. All information obtained here will be kept confidential. Any analysis or reporting would be done on collective data from all participating centres, without reference to specific centres. This survey should not take more than 10 minutes to complete.

Health Promotion Board

Please tick (✓) the appropriate answer.

1. How do you find the healthy meal?

Taste : ☐Very good ☐Good ☐Ordinary ☐Bad ☐Very bad

Appearance : ☐Very good ☐Good ☐Ordinary ☐Bad ☐Very bad

2. Do you like the meals served in this child care centre?

☐Yes ☐No

Comments (if any): ____________________________________________________________

On a scale of 1 to 5 (‘1- Strongly Disagree’ and ‘5- Strongly Agree), please circle the number that best represents your views on each statement.

3. Most children like the meals served in this child care centre.

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<tr>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Neutral</td>
<td>Agree</td>
<td>Strongly Agree</td>
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</tbody>
</table>

☐Not Sure

Comments (if any): ____________________________________________________________
4. Most children like brown rice, oats and wholemeal bread served in this child care centre.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

☐ Not Sure
Comments (if any): ___________________________________________________

5. Most children will finish the brown rice, oats and wholemeal bread served during meals in this child care centre.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

☐ Not Sure
Comments (if any): ___________________________________________________

6. Most children like the vegetables served in this child care centre.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

☐ Not Sure
Comments (if any): ___________________________________________________

7. Most children will finish the vegetables served to them during meals in this child care centre.

1. Strongly Disagree
2. Disagree
3. Neutral
4. Agree
5. Strongly Agree

☐ Not Sure
Comments (if any): ___________________________________________________
8. Most children like the fruits served to them during meals in this child care centre.

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<tr>
<th>1 Strongly Disagree</th>
<th>2 Disagree</th>
<th>3 Neutral</th>
<th>4 Agree</th>
<th>5 Strongly Agree</th>
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☐ Not Sure

Comments (if any): ______________________________________________________

9. Most children will finish the fruits served to them during meals in this child care centre.

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<th>1 Strongly Disagree</th>
<th>2 Disagree</th>
<th>3 Neutral</th>
<th>4 Agree</th>
<th>5 Strongly Agree</th>
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</table>

☐ Not Sure

Comments (if any): ______________________________________________________

Please answer the following questions.

10. Are there any areas in which the healthy meals can be improved? If so, what are they?

_________________________________________________________________

_________________________________________________________________

11. Would you like to offer any other comments?

_________________________________________________________________

_________________________________________________________________

THANK YOU FOR SHARING YOUR FEEDBACK
HMCCP Survey for Parents

SURVEY ON THE HEALTHY MEALS IN CHILD CARE CENTRES PROGRAMME

Dear Parent,

The Child Care Centre that your child is attending is participating in the Healthy Meals in Child Care Centres Programme. This programme was developed by the Health Promotion Board to help child care centres provide healthier meals to the children.

We would appreciate if you could take some time to complete this survey and share with us your valuable views about the programme. All information obtained here will be kept confidential. Any analysis or reporting would be done on collective data from all participating centres, without reference to specific centres. This survey should not take more than 10 minutes to complete.

Health Promotion Board

Please circle the appropriate answer.

1. Do you think it is important for your child to have a healthy balanced diet?
   - Yes
   - No

2. Why do you think it is important for your child to have a healthy balanced diet?
   (You can tick more than one answer)
   - Gives my child energy
   - Protects my child from falling sick easily
   - Keeps my child healthy
   - Helps my child grow
   - Helps my child maintain a healthy weight

3. Have you heard of the Healthy Meals in Child Care Centres Programme?
   - Yes
   - No
   If your answer is ‘No’, you may refer to Annex A and B.

4. The Healthy Meals in Child Care Centres Programme is useful in helping my child consume a balanced diet.
   - Yes
   - No
   Comments (if any): ________________________________________________________________
5. Provision of healthy meals is one of my criteria to select child care centre for my child.
   □ Yes
   □ No
   Comments (if any): ____________________________________________________________

On a scale of 1 to 5 (‘1- Strongly Disagree’ and ‘5- Strongly Agree’), please circle the number that best represents your views on each statement.

6. It is important that milk is provided for my child at the centre daily.

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<td>Strongly Disagree</td>
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<td>Neutral</td>
<td>Agree</td>
<td>Strongly Agree</td>
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   Comments (if any): ____________________________________________________________

7. It is important that lower sugar drinks and desserts are provided for my child at the centre daily.

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   Comments (if any): ____________________________________________________________

8. It is important that deep-fried, pre-deep fried food (e.g. commercial nuggets toasted) and preserved food are excluded from the meal preparation for my child at the centre daily.

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   Comments (if any): ____________________________________________________________
9. It is important that when high fat ingredients (e.g. coconut milk/cream, full-fat yoghurt, full-fat cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with low-fat alternatives (e.g. milk, low-fat evaporated milk, low-fat yoghurt, low-fat cheese, low-fat mayonnaise and low-fat cream).

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<td>Strongly Agree</td>
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Comments (if any): ______________________________________________________
_____________________________________________________________________

10. It is important that oils with the Healthier Choice Symbol (HCS) are used and butter, lard and ghee are not used in food preparation.

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<td>Strongly Disagree</td>
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<td>Agree</td>
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Comments (if any): ______________________________________________________
_____________________________________________________________________

11. It is important that my child eats a balanced meal according to the 4 food groups at the centre daily.

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<td>Strongly Disagree</td>
<td>Disagree</td>
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Comments (if any): ______________________________________________________
_____________________________________________________________________

12. It is important that whole-grains (e.g. brown rice, wholemeal bread, oats) are provided for my child at the centre daily.

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<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Neutral</td>
<td>Agree</td>
<td>Strongly Agree</td>
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Comments (if any): ______________________________________________________
_____________________________________________________________________
13. I try to get my child to eat a balanced meal according to the 4 food groups\(^2\) at home or when we are out, daily.

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<tr>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Neutral</td>
<td>Agree</td>
<td>Strongly Agree</td>
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Comments (if any): ________________________________________________

14. It is important to educate my child about good nutrition from young.

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<td>Neutral</td>
<td>Agree</td>
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Comments (if any): ________________________________________________

Please answer the following questions.

15. Are there any areas in which meals can be further improved in the childcare centre? If so, what are they?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

16. Would you like to offer any other comments?

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

THANK YOU FOR SHARING YOUR FEEDBACK

\(^2\)Food in the 4 Food Groups are (1) brown rice & wholemeal bread [e.g. brown rice and wholemeal bread (2) fruit (3) vegetables (4) meat & others [e.g. chicken, fish, lentils, beans and tofu]
Healthy Meals In Child Care Centres Programme

Healthy nutrition is especially important in the childhood years as this is a critical period for growth and development. In order to help child care centres cultivate healthy eating habits in children, the Health Promotion Board launched the Healthy Meals in Child Care Centres Programme.

Centres participating in this programme are expected to adhere to food service guidelines to cut down the amount of fat, sugar and salt in the children’s diet and to provide sufficient milk, fruit and vegetables; as well as serve healthy set meals. These set meals incorporate the appropriate proportions of food from the four food groups (brown rice and wholemeal bread, meat and others, fruit and vegetables).

Apart from offering healthy meals to children, participating centres are also expected to adhere to nutrition education guidelines to equip the children with knowledge and skills to practise healthy eating.

Examples of Healthy Set Meals in Child Care Centres
Annex B

**Healthy Meals in Child Care Centres Programme (HMCCP) Guidelines**

**Food Service Criteria**

1. Provide cow’s or calcium-fortified soy milk/milk powder for each child per day.

2. For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.

3. Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.

4. When high fat ingredients (e.g. coconut milk/cream, yoghurt, cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with reduced-fat alternatives (e.g. reduced-fat evaporated milk, reduced-fat yoghurt, reduced-fat cheese, reduced-fat mayonnaise and reduced-fat cream).

Use oils with the Healthier Choice Symbol in food preparation. Butter, lard and ghee shall not be used.

5. Use skinless poultry and lean meat when preparing food.

6. Provide water during lunch.

7. Food in the 4 food groups (1) brown rice & wholemeal bread\(^3\) (2) fruit (3) vegetables (4) meat & others\(^4\), shall be served at lunch. Vegetables and fruit shall be served in the following amounts:
   a) Vegetables: 1.5 to 3 heaped dessertspoons
   b) Fruit: \(\frac{1}{4}\) to \(\frac{1}{3}\) serving. Examples of \(\frac{1}{4}\) serving of fruit are \(\frac{1}{4}\) small apple or \(\frac{1}{4}\) wedge of watermelon.

8. Include whole-grains:
   a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice
   b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice
   c) Use only wholemeal/whole-grain bread to prepare sandwiches

9. Prepare home-made snacks according to the criteria below (where applicable):
   a) Comply with the Healthy Meals in Child Care Centres Programme criteria
   b) Sugar content shall be equal to or less than 1 tablespoon per serving\(^5\)

**Nutrition Education Criteria**

1. Introduce My Healthy Plate.

2. Share the basic concept of healthy eating which consist of choosing the right type of food and the right amount of food.

3. Share the importance of taking whole-grains, fruit and vegetables.

4. Introduce the Healthier Choice Symbol (HCS) and explain why HCS products are healthier.

5. Prepare a healthy meal with children involved.

6. Organise field trip to reinforce learning on healthy eating.

7. Set up learning corners to reinforce children’s learning on the importance of healthy eating.

---

\(^3\) Examples of food in the ‘brown rice & wholemeal bread’ food group are brown rice, wholemeal noodles, wholemeal pasta and wholemeal bread.

\(^4\) Examples of food in the ‘meat & others’ food group are chicken, fish, lentils, beans and tofu.

\(^5\) Per serving refers to a typical serving portion of the home-made snack.
8. Engage parents in activities to promote healthy eating.

Note: These criteria are valid from 1 April 2016 to 31 March 2017

4-week Sample Menu and Recipes

Introduction

What is a healthier meal for a child? How do I cook simple meals that are tasty and healthier? Below is a menu sample for 4 weeks, along with tips to feed happy and healthier children.

This set of menus will help you to prepare a balanced meal with a variety of nutritious ingredients, using My Healthy Plate as a guide. Each main meal would include the 4 food groups: brown rice & wholemeal bread, meat & others, vegetables and fruits for a balanced meal.

Childhood obesity is a health issue in Singapore. Children should be nurtured to eat sufficient fruits, vegetables, whole-grains and replace sugary drinks with water and milk at a young age to develop good nutrition habits. These habits could lower the risk of childhood obesity.

The 4-week menu sample aims to use ingredients already purchased in bulk to maximize cost effectiveness/efficiency, and to constantly offer the children a variety of nutritious food.

Recipe can be downloaded from the following link:
www.hpb.gov.sg/HOPPortal/health-article/2792

<table>
<thead>
<tr>
<th>Healthilicious Recipes P1-6</th>
<th>Healthilicious Recipes P7-12</th>
<th>Healthilicious Recipes P13-18</th>
<th>Healthilicious Recipes P19-24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minestrone recipe 1</td>
<td>Vegetarian Farmer’s Pie recipe 7</td>
<td>Tofu Curry recipe 14</td>
<td>Garden Pasta recipe 19</td>
</tr>
<tr>
<td>Corn Chowder recipe 2</td>
<td>Double Decker Sandwiches recipe 9</td>
<td>Hainanese Chicken Rice recipe 17</td>
<td>Pumpkin Pasta recipe 20</td>
</tr>
<tr>
<td>Fish Nuggets recipe 5</td>
<td>Meatball Submarine recipe 10</td>
<td></td>
<td>Sunshine Porridge recipe 22</td>
</tr>
<tr>
<td></td>
<td>Stir-fry Chicken with Long beans recipe 11</td>
<td></td>
<td>Fruity Custard recipe 23</td>
</tr>
<tr>
<td></td>
<td>Sweet &amp; Sour Fish recipe 12</td>
<td></td>
<td>Barley Goodness recipe 24</td>
</tr>
<tr>
<td>Week 1</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Tea</td>
</tr>
<tr>
<td>--------</td>
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<td>-----</td>
</tr>
</tbody>
</table>
| **Monday** | • Wholemeal toast spread with peanut butter/jam & top with fresh bananas  
• Milk | • Cheese macaroni with vegetables and lean meat  
• Seasonal fruits | • Green bean sago soup |
| **Tuesday** | • Sunshine porridge  
*Healthilicious Recipes P19-24* | • ABC Minestrone  
*Healthilicious Recipes P1-6*  
• Fish nuggets  
*Healthilicious Recipes P1-6*  
• Seasonal fruits | • Cereal  
• Milk |
| **Wednesday** | • Wholemeal pao/mini mantou  
• Reduced-sugar milo prepared with milk | • Vegetarian brown rice beehoon with lean meat and vegetables  
• Seasonal fruits | • Barley goodness  
*Healthilicious Recipes P19-24* |
| **Thursday** | • Cereals  
• Milk | • Brown Rice  
• Tofu curry with vegetables  
*Healthilicious Recipes P13-18*  
• Seasonal fruits | • Baked/steamed apple muffins  
• Milk |
| **Friday** | • Oat porridge cooked with milk & top with banana and apples | • Vegetarian Farmer’s Pie  
*Healthilicious Recipes P7-12*  
• Fish nuggets  
*Healthilicious Recipes P1-6*  
• Seasonal fruits | • Double decker sandwiches  
*Healthilicious Recipes P7-12*  
• Milk |
| **Saturday** | • French toast with bananas  
• Milk | • Brown rice  
• Pan-fried black pepper fish  
• Corn chowder soup  
*Healthilicious Recipes P1-6*  
• Seasonal fruits | • Wholemeal crackers  
• Reduced-sugar milo prepared with milk |
<table>
<thead>
<tr>
<th>Week 2</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
</tr>
</thead>
</table>
| Monday | • Bircher muesli top with orange and grapes | • Mee soto  
• Brown rice beehoon  
• Shredded chicken  
• Bok choy  
• Seasonal fruits | • Red bean sago soup |
| Tuesday | • French toast with bananas  
• Milk | • Brown rice  
• Sweet & sour fish with mixed vegetables  
(Healthilicious Recipes P7-12)  
• Seasonal fruits | • Steamed oriental pumpkin cake  
• Reduced-sugar milo prepared with milk |
| Wednesday | • Wholemeal pao/mini mantou  
• Reduced-sugar milo prepared with milk | • Lemon chicken brown rice  
• Cabbage and carrot soup  
• Seasonal fruits | • Wholemeal jam sandwiches  
• Milk |
| Thursday | • Cereals  
• Milk | • Brown rice  
• Stir-fried chicken with long beans  
(Healthilicious Recipes P7-12)  
• Seasonal fruits | • Fruity custard  
(Healthilicious Recipes P19-24)  
• Milk |
| Friday | • Sunshine porridge  
(Healthilicious Recipes P19-24) | • Hainanese chicken brown rice  
(Healthilicious Recipes P13-18)  
• Cabbage and carrot soup  
• Seasonal fruits | • Wholemeal crackers  
• Reduced-sugar milo prepared with milk |
| Saturday | • Cereals  
• Milk | • ABC minestrone  
(Healthilicious Recipes P1-6)  
• Fish nuggets  
(Healthilicious Recipes P1-6)  
• Seasonal fruits | • Wholemeal pao/mini mantou  
• Reduced-sugar milo prepared with milk |
<table>
<thead>
<tr>
<th>Week 3</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>• Chocolate pancakes with bananas&lt;br&gt;• Milk</td>
<td>• Cheese macaroni with vegetables and lean meat&lt;br&gt;• Seasonal fruits</td>
<td>• Barley goodness&lt;br&gt;(Healthilicious Recipes P19-24)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>• Sunshine porridge&lt;br&gt;(Healthilicious Recipes P19-24)</td>
<td>• Vegetarian brown rice beehoon with lean meat and vegetables&lt;br&gt;• Seasonal fruits</td>
<td>• Steamed corn cake&lt;br&gt;• Milk</td>
</tr>
<tr>
<td>Wednesday</td>
<td>• French toast with bananas&lt;br&gt;• Reduced-sugar milo prepared with milk</td>
<td>• Lemon chicken brown rice&lt;br&gt;• Cabbage and carrot soup&lt;br&gt;• Seasonal fruits</td>
<td>• Boiled apple/pear dessert soup</td>
</tr>
<tr>
<td>Thursday</td>
<td>• Wholemeal tuna sandwiches&lt;br&gt;• Milk</td>
<td>• Garden pasta with chicken &amp; vegetables&lt;br&gt;(Healthilicious Recipes P19-24)&lt;br&gt;• Seasonal fruits</td>
<td>• Wholemeal jam sandwiches&lt;br&gt;• Milk</td>
</tr>
<tr>
<td>Friday</td>
<td>• Cereals&lt;br&gt;• Milk</td>
<td>• Brown Rice&lt;br&gt;• Pan-fried black pepper fish&lt;br&gt;• Corn chowder soup&lt;br&gt;(Healthilicious Recipes P1-6)&lt;br&gt;• Seasonal fruits</td>
<td>• Wholemeal crackers&lt;br&gt;• Reduced-sugar milo prepared with milk</td>
</tr>
<tr>
<td>Saturday</td>
<td>• Wholemeal low-fat cheese &amp; tomato toast&lt;br&gt;• Reduced-sugar milo prepared with milk</td>
<td>• Brown rice fish porridge with carrots and corn&lt;br&gt;• Seasonal fruits</td>
<td>• Cereals&lt;br&gt;• Milk</td>
</tr>
<tr>
<td>Week 4</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Tea</td>
</tr>
<tr>
<td>---------</td>
<td>---------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Monday  | • French toast with bananas  
• Milk                                 | • Wholemeal hoisin chicken burger  
• Steam corn cups  
• Seasonal fruits                  | • Green bean sago soup                                                |
| Tuesday | • Cereals  
• Milk                                     | • Brown rice porridge with chicken corn and carrot  
• Seasonal fruits                 | • Fruity custard (see recipe #14)                                      |
| Wednesday | • Wholemeal pao/mini mantou  
• Reduced-sugar milo prepared with milk | • Vegetarian brown rice beehoon with lean meat and vegetables  
• Seasonal fruits                   | • Double decker sandwiches (Healthilicious Recipes P7-12)  
• Milk                                      |
| Thursday | • Egg mayo wholemeal sandwiches  
• Milk                                   | • Pumpkin pasta (Healthilicious Recipes P19-24)  
• Fish nuggets (Healthilicious Recipes P1-6)  
• Seasonal fruits                     | • Baked/steamed wholemeal chocolate muffins  
• Milk                                      |
| Friday  | • Sunshine porridge (Healthilicious Recipes P19-24)                      | • Garden pasta with chicken & vegetables (Healthilicious Recipes P19-24)  
• Seasonal fruits                    | • Wholemeal jam sandwiches  
• Milk                                     |
| Saturday | • Cereals  
• Milk                                   | • Brown Rice  
• Teriyaki chicken with cucumber  
• Corn chowder soup (Healthilicious Recipes P1-6)  
• Seasonal fruits                     | • Barley goodness (Healthilicious Recipes P19-24)                       |
Creative Ways of including Fruits and Vegetables in Meals

1) Colourful Fruits & Vegetables

- Serve a variety of fruit and vegetables. The different colours in fruits and vegetables offer different super nutrients. Some examples of fruits and vegetables according to colours:

<table>
<thead>
<tr>
<th>Colour</th>
<th>Vegetables</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>Red peppers, tomatoes</td>
<td>Watermelon, cherries</td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td>Carrots, yellow peppers</td>
<td>Papaya, oranges, rockmelon</td>
</tr>
<tr>
<td>Green</td>
<td>Green leafy vegetables, broccoli</td>
<td>Kiwi, honeydew melon</td>
</tr>
<tr>
<td>White</td>
<td>Cabbage, cauliflower</td>
<td>White turnips, bananas</td>
</tr>
<tr>
<td>Purple</td>
<td>Eggplant, purple cabbage</td>
<td>Plums, purple grapes</td>
</tr>
</tbody>
</table>

- Encourage children to track the colours of their foods using Eric’s Colour Food Tracker (refer to Annex F)

- Pair up vegetable sticks (e.g. carrots, cucumber) with a small amount of popular children dip (e.g. peanut butter, jam, mustard, bbq sauce) as a healthier snack.

2) Deceptively Delicious – Sneaky Vegetables

Here are ways you can sneak vegetables for more nutritious meals without your diners noticing!

- Add minced boiled/steamed cauliflower to omelettes or mac & cheese
  - Cauliflower has a neutral/mild taste by nature and it doesn’t change the texture of the dish.

- Mix mashed pumpkin into rice/oat porridge or pancakes
  - Pumpkins are naturally sweet and will enhance the flavours of carbohydrate-based dishes.

- Add blended/mashed pumpkin or carrots to tomato-based pasta dishes
  - Pumpkins and carrots are easy to mash and will blend in well with the texture of pasta sauce.
• Replace some meat with minced mushrooms
  • Mushrooms have a natural ‘meaty’ flavour and texture, a good replacement for meat in dishes.

• Add in grated zucchini or blended/mashed sweet potato, pumpkin or carrots in homemade chocolate desserts e.g. muffin, pudding
  • Chocolate in desserts can disguise the flavour/texture of blended/mashed/grated vegetables.

3) Nutritious & Fun Meals

• Make eating fun! Use cookie cutters to slice fruit and sandwiches

• Create fun dish names to enhance appeal for food to the children e.g. Pumpkin Soup vs Cinderella’s Pumpkin Soup

• Plan your weekly menu to include a variety of foods. Eating is more fun when it involves new foods and flavours (refer to our HMCCP sample menu for some ideas).

• Water should always be the main choice of beverage and this can be cultivated at a young age. Make drinking water fun for children by adding cucumber or fruit slices (e.g. orange, strawberry, apple) for a colourful & tasty fruit-infused water.
Alternatives to Deep Fried /Pre Deep Fried Food

Some commercial food products are pre-deep-fried or par-fried (deep-frying at a shorter time) during the manufacturing process before it is chilled/frozen and packaged to be sold in supermarkets/shops. Here are some suggestions to replace these pre-deep-fried commercial products with healthier alternatives:

<table>
<thead>
<tr>
<th>S/N</th>
<th>Instead of</th>
<th>Go for</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>[Commercial] Pre-deep-fried French Fries</td>
<td>[Home cook] Baked/Pan fried Potato Wedges</td>
</tr>
<tr>
<td>2</td>
<td>[Commercial] Pre-deep-fried Nuggets</td>
<td>[Home cook] Baked/Pan fried Chicken or Fish Nuggets</td>
</tr>
<tr>
<td>3</td>
<td>[Commercial] Pre-deep-fried Ee Mee/ Maggi Mee</td>
<td>[Commercial] Brown Rice Bee Hoon/ Fresh Noodles</td>
</tr>
<tr>
<td>4</td>
<td>[Commercial] Pre-deep-fried Cheese Tofu</td>
<td>[Commercial, Home cook] Pan-fried Egg Tofu</td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep-fried Fish Cake</td>
<td>[Commercial] Non-deep-fried Fish Cake</td>
</tr>
<tr>
<td>---</td>
<td>--------------------------------------</td>
<td>---------------------------------------</td>
</tr>
<tr>
<td>5</td>
<td><img src="image1.jpg" alt="Fish Cake" /></td>
<td><img src="image2.jpg" alt="Fish Cake" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep-fried Hash Brown</td>
<td>[Home cook] Pan-fried Hash Brown</td>
</tr>
<tr>
<td>6</td>
<td><img src="image3.jpg" alt="Hash Brown" /></td>
<td><img src="image4.jpg" alt="Hash Brown" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep-fried Seaweed Chicken</td>
<td>[Home cook] Baked/Pan-fried/Grilled Homemade Seaweed Chicken</td>
</tr>
<tr>
<td>7</td>
<td><img src="image5.jpg" alt="Seaweed Chicken" /></td>
<td><img src="image6.jpg" alt="Seaweed Chicken" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep-fried Fish Fingers</td>
<td>[Home cook] Oven-Baked Fish Fingers</td>
</tr>
<tr>
<td>8</td>
<td><img src="image7.jpg" alt="Fish Fingers" /></td>
<td><img src="image8.jpg" alt="Fish Fingers" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Wonton</td>
<td>[Commercial] Uncooked wonton</td>
</tr>
<tr>
<td>9</td>
<td><img src="image9.jpg" alt="Wonton" /></td>
<td><img src="image10.jpg" alt="Wonton" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Gyoza</td>
<td>[Commercial] Uncooked or Pan-fried Gyoza</td>
</tr>
<tr>
<td>---</td>
<td>----------------------------------</td>
<td>----------------------------------------</td>
</tr>
<tr>
<td>10</td>
<td><img src="image1" alt="Pre-deep fried Gyoza" /></td>
<td><img src="image2" alt="Uncooked or Pan-fried Gyoza" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Spring Rolls</td>
<td>[Commercial] Uncooked Spring Rolls [Home Cook] Baked/pan-fried Spring Rolls</td>
</tr>
<tr>
<td>11</td>
<td><img src="image3" alt="Pre-deep fried Spring Rolls" /></td>
<td><img src="image4" alt="Uncooked Spring Rolls" /> <img src="image5" alt="Baked/pan-fried Spring Rolls" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Crispy Chicken Stick</td>
<td>[Home Cook] Oven-Baked Chicken Stick</td>
</tr>
<tr>
<td>12</td>
<td><img src="image6" alt="Crispy Chicken Stick" /></td>
<td><img src="image7" alt="Oven-Baked Chicken Stick" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Popcorn Chicken</td>
<td>[Home Cook] Baked/Pan-fried Popcorn Chicken</td>
</tr>
<tr>
<td>13</td>
<td><img src="image8" alt="Pre-deep fried Popcorn Chicken" /></td>
<td><img src="image9" alt="Baked/Pan-fried Popcorn Chicken" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Samosa</td>
<td>[Commercial] Uncooked Samosa</td>
</tr>
<tr>
<td>14</td>
<td><img src="image10" alt="Pre-deep fried Samosa" /></td>
<td><img src="image11" alt="Uncooked Samosa" /></td>
</tr>
<tr>
<td></td>
<td>[Commercial] Pre-deep fried Fish Ball</td>
<td>[Commercial] Fresh Fish Ball</td>
</tr>
<tr>
<td>15</td>
<td><img src="image12" alt="Pre-deep fried Fish Ball" /></td>
<td><img src="image13" alt="Fresh Fish Ball" /></td>
</tr>
</tbody>
</table>
**SUPPLIERS/DISTRIBUTORS OF ALTERNATIVES TO PRE-DEEP-FRIED FOOD**

This is a list of some suppliers/distributors with alternatives to pre-deep-fried food for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise_tan@hpb.gov.sg.

<table>
<thead>
<tr>
<th>Name of supplier/distributors</th>
<th>Contact Information</th>
<th>Food Products</th>
<th>Image</th>
</tr>
</thead>
</table>
| Ha Li Fa Pte Ltd              | **Contact person:** Randall Ang Ghim Hui  
Tel: +65 64326012  
Email: ghimhui@halifa-bobo.com | - Sakura Bobo Fish Balls (Cooked) | ![Image](image) |
| Sin Li-Hin Frozen Food Pte Ltd | **Contact person:**  
Tel: 67553773  
Fax: 67545700  
Email: amy@sinlihin.com.sg | - Unbreaded chicken patties (R) (Uncooked)  
- Pepper chicken patties (R) (Uncooked)  
- Spicy chicken patties (R) (Uncooked)  
- Breaded spicy chicken patties (Breaded without frying)  
- Breaded pepper chicken patties (Breaded without frying)  
- Breaded chicken patties (Breaded without frying)  
- Roasted chicken fillet (Roasted fully Cook)  
- Cuttlefish ball (Boil)  
- Fish cake (Boil)  
- Fishball (Boil)  
- Fish chip (Breaded without frying)  
- Chicken meat ball (Boil)  
- Chunky fish otak (Raw)  
- Crab stick (Boil) | |

*Updated April 2016*
## List of Suppliers for Healthier Ingredients

This is a list of some suppliers/distributors with healthier ingredients such as brown rice, HCS oil, wholegrain fresh noodles, soft margarine, etc for your reference. HPB does not have any contract with these suppliers/distributors. Kindly contact the suppliers/distributors directly for more details regarding the range of food products they offer. Any other suppliers who are keen to be listed here can contact denise_tan@hpb.gov.sg.

*Updated April 2016*

<table>
<thead>
<tr>
<th>Name of supplier/distributors</th>
<th>Contact Information</th>
<th>Food Products</th>
</tr>
</thead>
</table>
| Tong Seng Produce            | Contact person: Ms Chong / Angeline Tel: +65 6756 6128 | ▪ Brown rice  
▪ HCS oil |
| Sengkang Trading Enterprise  | Contact person: Mr Tay Tel: +65 9456 9985 Email: sk@sengkanggrp.com | ▪ Brown rice  
▪ HCS oil  
▪ Brown rice bee hoon |
| Jia Jia Wang Trading Pte Ltd | Contact person: Mei Yuen Tel: +65 67527718 | ▪ Wholegrain fresh noodles  
▪ HCS oil |
| Chia and Thai Food Supplies Pte Ltd | Contact person: Samuel Koh Tel: +65 67787862/ 97217736 | ▪ Brown rice  
▪ HCS oil  
▪ Wholegrain fresh noodles  
▪ Wholegrain pasta  
▪ Brown rice bee hoon  
▪ HCS Sauces/Condiments |
| Leong Guan Food Trading      | Contact person: Mr Lawrence Law Tel: +65 67547911 | ▪ Wholegrain fresh noodles |
| Lamsoon                      | Contact person: Ms May Tel: +65 67687139/140 | ▪ Naturel soft margarine, 500g |
| Ifood Pte Ltd                | Tel: +65 63364161 Email: alvins@ifood.com.sg | ▪ Healthy the better choice low fat mayonnaise, 2kg |
| QQ Group of Companies        | Contact person: James Eow Tel:6515 9905 ( ext 943 ) Email : james.eow@qagroup.sg | ▪ Purple Rice, 1kg and 3kg  
▪ Mixed Grain, 1kg & 3kg |
The Healthier Choice Symbol (HCS) on packaged food products indicates that they are healthier options, and this helps consumers to make informed food choices when grocery shopping.

Products carrying the HCS are generally lower in total fat, saturated fat, sodium and sugar. Some are also higher in dietary fibre and calcium compared to similar products within the same food category. Each food category has a separate set of nutritional criteria to adhere to. For example, breads displaying the HCS should contain no trans fat, less sodium (450 mg/100g) and more dietary fibre (3g per 100g) compared to the regular bread. 3-in-1 coffee sachets, on the other hand contains no trans fat, less saturated fat (0.6 g/100ml) and less sugar (5 g/100ml) compared to regular 3-in-1 coffee powders.

To date, there are guidelines covering over 60 food categories.

Childcare centres can view the list of products currently carrying the HCS in this link:

http://www.hpb.gov.sg/HOPPortal/health-article/2780
Where to Get Help

Childcare centres can approach their zonal leads for assistance. For more information, visit:

http://www.hpb.gov.sg/HOPPortal/health-article/2792

<table>
<thead>
<tr>
<th>Name of Officer</th>
<th>Designation</th>
<th>Contact Number</th>
<th>Email Address</th>
<th>CDC zones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Ke Siong Yeo (Covering)</td>
<td>Deputy Director</td>
<td>6435 3648</td>
<td><a href="mailto:Ke_Siong_Yeo@hpb.gov.sg">Ke_Siong_Yeo@hpb.gov.sg</a></td>
<td>South West Pre-Schools</td>
</tr>
<tr>
<td>Ms Cheryl Choy (Covering)</td>
<td>Executive</td>
<td>6435 3938</td>
<td><a href="mailto:Cheryl_Choy@hpb.gov.sg">Cheryl_Choy@hpb.gov.sg</a></td>
<td>South West Pre-Schools</td>
</tr>
<tr>
<td>Ms Nim K. Sandhu</td>
<td>Senior Executive</td>
<td>6435 3018</td>
<td><a href="mailto:Nimrta_Kaur_Sandhu@hpb.gov.sg">Nimrta_Kaur_Sandhu@hpb.gov.sg</a></td>
<td>Central Pre-Schools</td>
</tr>
<tr>
<td>Ms Cecilia Ang</td>
<td>Senior Executive</td>
<td>6435 3278</td>
<td><a href="mailto:Cecilia_Ang@hpb.gov.sg">Cecilia_Ang@hpb.gov.sg</a></td>
<td>North West Pre-Schools</td>
</tr>
<tr>
<td>Mr Loke Jun Hao (Covering)</td>
<td>Senior Executive</td>
<td>6435 3254</td>
<td><a href="mailto:Loke_Jun_Hao@hpb.gov.sg">Loke_Jun_Hao@hpb.gov.sg</a></td>
<td>North-East Pre-Schools</td>
</tr>
<tr>
<td>Ms Justyna Ng</td>
<td>Manager</td>
<td>6435 3056</td>
<td><a href="mailto:Justyna_Ng@hpb.gov.sg">Justyna_Ng@hpb.gov.sg</a></td>
<td>South-East Pre-Schools</td>
</tr>
</tbody>
</table>
Frequently Asked Questions

Criteria 1: Provide cow’s or calcium-fortified soy milk/milk powder for each child per day.

- *Is full cream milk allowed to be served?*
  Yes, full cream milk can be served.

- *Why does the soy milk served have to be fortified?*
  Natural soy milk are relatively low in calcium. Therefore, to provide needed calcium for strong bones and teeth, food manufacturers offer a variety of calcium-fortified soy milk with calcium content ranging from 80mg/serving to 500mg/serving.

Criteria 2: For sweetened drinks and desserts, the sugar content shall be equal to or less than 6g/100ml.

- *How do I calculate the amount of sugar in my drink?*
  You calculate the amount of sugar added (rule of thumb, 1 teaspoon of sugar is 5g) and divide it by the total amount of ingredients in the drink/dessert (ml), followed by multiplying the answer by 100. E.g. For a green bean sago soup, 50g of sugar is added into 2000ml of soup, the calculation of the sugar amount should be 50/2000 x 100 = 2.5 g/ml The final figure should be < 6 g/ml. Otherwise, you have to further reduce the amount of sugar added so that the end product will contain only < 6 g/ml sugar.

- *I am serving grass jelly drink (chin chow), can the drink contain the jelly?*
  Yes, the drink can contain the jelly as long as the jelly is not pre-soaked in syrup.

Criteria 3: Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.

- *Are commercial products which undergo the par-fry process, allowed to be served?*
  Par-frying is a process that involves food being fully submerged in oil, as with the deep-frying process, but at a shorter cooking time. Food that are par-fried will also be considered as pre-deep-fried and will not be allowed to be served in childcare centres.

- *Is caipo in chwee kueh (preserved vegetable) allowed to be served?*
  If centre is serving it at a low frequency of only once a month, it will be allowed based on moderation.

- *Is cheese tofu allowed to be served?*
  No, it is not allowed as cheese tofu is usually pre-deep-fried.

- *Is crab stick allowed to be served?*
The rationale of criteria 3 is to discourage the use of food which are high in nitrites. Although processed, crabsticks are not pre-deep-fried and neither are they a high nitrite food, therefore they are allowed to be served in childcare centres.

- **Are egg noodles allowed to be served?**
  Most commercially available dried egg noodles have been pre-deep-fried. For example, ee-fu noodles are not allowed. Therefore centres are encouraged to use fresh noodles or brown rice beehoon.

- **Are fish cakes allowed to be served?**
  Fish cakes are usually pre-deep-fried items and will not be allowed in centres. However, if centres are able to look for the non-pre-deep-fried variety of fish cakes, they will be allowed.

- **Are commercial fish fingers with the healthier choice symbol allowed to be served?**
  All food items which have been pre-deep fried, with or without the HCS logo will be not allowed in centres.

- **Is mock meat allowed to be served?**
  Assessors will have to observe visually if the mock meat is pre-deep-fried and check the nutrition information panel on the packaging. If the meat is not pre-deep-fried, and the amount of total fat is <10g/100g and the amount of sodium is <600mg/100g, it is allowed.

- **Is it acceptable to use preserved vegetables which have been pre-soaked for a day (to get rid of excess sodium), in soups?**
  No, it is not allowed. This is to encourage the use of natural ingredients for example, mushrooms, tomatoes, celery, garlic, onions, herbs and spices, for flavouring instead of salt or salt-preserved food ingredients.

- **Are taupok and taukee allowed to be served?**
  Taupok are usually pre-deep-fried, therefore it is not allowed. Taukee are beancurd strips that are usually not pre-deep-fried, it is allowed in food preparation, but should not be a replacement of protein items such as meat/fish/egg.

**Criteria 4:** When high fat ingredients (e.g. coconut milk/cream, yoghurt, cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with reduced-fat alternatives (e.g. reduced-fat evaporated milk, reduced-fat yoghurt, reduced-fat cheese, reduced-fat mayonnaise and reduced-fat cream). Use oils with the Healthier Choice Symbol in food preparation. Butter, lard and ghee shall not be used in food preparation.

- **Is coconut milk allowed to be served?**
  Yes, coconut milk is allowed to be used with at least 50% of coconut milk replaced with reduced-fat coconut milk, full cream milk or equivalent.

- **Is mayonnaise allowed to be served?**
Yes, mayonnaise is allowed to be used with at least 50% to be replaced by a lower/reduced fat counterpart. HCS mayonnaise is recommended as it is significantly lower in fat as compared to average commercial mayonnaise. Alternatives to using HCS mayonnaise can be commercial mayonnaise labelled as lower/reduced fat (at least 25% less fat than the regular mayonnaise of the same brand). If mayonnaise is home-made, it has to meet the HCS criteria for salad dressings/mayonnaise which is \(< 5g/100g\) total fat, \(< 500mg/100g\) sodium and \(< 15g/100g\) sugar.

- **Is margarine allowed to be served?**
  There are 2 types of commercial margarine: hard margarine and soft margarine. Hard margarine can be left at room temperature and not melt, remaining hard. It is high in saturated fat and highly discouraged. Soft margarine is allowed. The total fat for soft margarine is contributed mainly by unsaturated fats (good fats), which is the main composition of fat present in healthier plant oil (e.g. soyabean oil, canola oil) used to produce soft margarine. Therefore soft margarine, being much lower in saturated fat, tends to be unstable and become very soft if left at room temperature, hence requiring refrigeration.

- **Can I use the existing full cream milk to replace high fat ingredient in food preparation?**
  Yes, the use of full cream milk to replace high fat ingredients (e.g. coconut milk/cream, milk, yoghurt, cheese, mayonnaise, cream) would reduce the amount of fat (especially saturated fat) in food.

**Criteria 5: Use skinless poultry and lean meat when preparing food.**

- **Is whole chicken (skin, bones, meat) allowed to be used for cooking soup stock? The excess fat and oil (floated to the top) will be skimmed off once the soup has cooled down.**
  Yes this is allowed as using whole chicken is a natural way to flavour stock, moreover fat/oil is removed prior to service.

**Criteria 6: Provide water during lunch.**

- **Is fruit-infused water allowed?**
  Yes, this would be a good exposure for the children for them to know that having water as the best choice of beverage need not be boring. You may consider using refreshing and readily available fruits/vegetables such as cucumbers and oranges.

- **If my centre serve soup during lunch, will we be penalised for not providing water?**
  The rationale for criteria 6 is part of cultivating the habit of drinking water from a young age. The recommended glasses of water to drink per day is not inclusive of fluids taken from food e.g. soup and porridge. If center serves plain water before or after meals, it is acceptable and there will not be a penalty.

<table>
<thead>
<tr>
<th></th>
<th>Glasses of water per day</th>
<th>Glasses of total fluid intake per day</th>
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</thead>
<tbody>
<tr>
<td>1 – 2 years</td>
<td>1 – 3</td>
<td>4 – 6</td>
</tr>
<tr>
<td>3 – 6 years</td>
<td>3 – 5</td>
<td>5 – 7</td>
</tr>
<tr>
<td>7 – 12 years</td>
<td>6 – 8</td>
<td>7 – 9</td>
</tr>
<tr>
<td>13 – 18 years</td>
<td>8 – 10</td>
<td>9 – 12</td>
</tr>
</tbody>
</table>
Criteria 7: Food in the 4 food groups (1) brown rice & wholemeal bread (2) fruit (3) vegetables (4) meat & others, shall be made available in main meals. Vegetables and fruit shall be served in the following amounts:

a) Vegetables: At least 1.5 to 3 heaped dessert spoons
b) Fruit: At least ¼ to ½ serving. Examples of ½ serving of fruit are ½ small apple and ½ wedge of watermelon

- Are tomatoes, cucumbers, zucchini and bell peppers considered fruits or vegetables?
  Botanically, anything with a seed is a fruit. However in Singapore’s context, these are considered and eaten as vegetables.

- What type of vegetables are not considered as “vegetable” under HMCCP programme?
  The following vegetables are considered starchy vegetables based on higher carbohydrate content and consumption pattern, therefore they will not be considered as “vegetables” under the programme.
  a) Pumpkin
  b) Potato
  c) Sweet potato
  d) Yam
  e) Lotus roots
  f) Butternut squash
  g) Cassava

- Why are peas not counted as vegetable?
  Peas belong to the “beans and Legumes” category. They will be classified as meat & alternative.

- Is seaweed considered as vegetable?
  Yes, seaweed can be considered as vegetable as long as it is not preserved.

- Our centre serve fruit before lunch, will we be penalised if fruit is not served during lunch?
  We encourage child care centres to include food from the 4 food groups in lunch. However, we will not penalise school if they serve fruit an hour before/after lunch.

Criteria 8: Include whole-grains: a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice c) Use only wholemeal/whole-grain bread to prepare sandwiches

- Is white french loaf (baguette) allowed to be sold? The wholemeal variant is difficult and expensive to obtain in the market.
  Yes it is allowed as the wholemeal variant is not easily available in the market.

- Does pasta have to be whole-grain in order to be served in centres?
We will encourage wholemeal pasta to be used, however we understand that there are limited variety of wholemeal pasta in the market at the moment, therefore it is not compulsory to use wholemeal pasta.

- Our pre-schoolers are not used to the coarse texture of wholemeal bread. Can we have it half white and half wholemeal?
  No, centres should serve 100% wholemeal bread when preparing sandwiches. There are softer wholemeal bread or white bread that carries the healthier choice symbol. These bread are soft and higher in wholegrains.

Criteria 9: Prepare home-made snacks according to the criteria below (where applicable): a) Comply with the Healthy Meals in Child Care Centres Programme criteria b) Sugar content shall be equal to or less than 1 tablespoon per serving

- Are small amounts of oreo, nutella and Mcvities biscuit allowed to be used in homemade desserts?
  Yes they are allowed as long as the sugar content per serving is < 1 tablespoon (15g) of sugar.

Other FAQs

Can I join Healthy Meals in Child Care Centre Programme if my centre caters food from the caterer?

- Yes, centre can still participate in the programme if they are in the caterer mode. However, we need the centre to get the declaration form endorsed by the caterer. Refer to Annex F for the declaration form.

If the centre fails any of the guidelines during the on-site assessment, do we continue with asking centre for the declaration form to be completed by the caterer?

- Yes, regardless of whether centre has failed any guideline, as long as it is on catering mode, every centre will need to get its caterer to complete the declaration form.

Will there be an audit check of HCS oil at the catering kitchen?

- Yes, HPB will conduct an audit check on the caterer, to ascertain if HCS oil is used in food preparation for the child care centres.

Is a scanned copy of the declaration form acceptable?

- Yes, as long as it is fully completed, with signature, name, date and catering company’s stamp, a scanned copy sent by email is acceptable.
Annex A: Application Form

HEALTHY MEALS IN CHILD CARE CENTRES PROGRAMME (HMCCP)

Please indicate your interest to participate in HMCCP by completing this form and email the completed form to your respective Zonal Lead or hpb_ppd@hpb.gov.sg

Pre-school Partnerships Department
School Health and Outreach Division
Fax: 6438 8226

***************************************************************************

Name and address of child care centre:
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
Singapore (___________)

Name of Contact Person (Ms/Mrs/Mdm/Mr*): __________________________________________

Designation: __________________________________________

Tel: __________________________ Fax: __________________________

Email Address: __________________________________________

Application Date: __________________________

*Please delete accordingly
Section A – Child Care Centre

1. Name of childcare centre: ________________________________

2. Address: _____________________________________________

3. Name of supervisor: ______________________________________

4. Date of visit (dd/mm/yy): ____________________________

5. Time period: ____________________________ to ____________

6. Assessing company: ______________________________________

7. Name of assessor: ________________________________

Section B: Food Service Assessment

Instructions

Some foods may not be applicable to all meals provided. Therefore for each criteria,

- Give a [√] if the childcare centre is practising the intervention
- Give a [x] if the childcare centre is supposed to practise the intervention but is NOT doing so
- Write [NA] if the intervention is NOT APPLICABLE to the foods provided

If there is more than one point in a guideline, please indicate the assessment result of each point separately.

Has the school attended the culinary workshop? If yes.

Date: ___________

<table>
<thead>
<tr>
<th>Food service guidelines</th>
<th>√ / x / NA</th>
<th>1 = Met</th>
<th>0 = Not Met</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guideline 1: Provide cow’s or calcium-fortified soy milk/milk powder for each child per day.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Food Service Guidelines

| Guideline 2 | For sweetened drinks and desserts, the sugar content must be equal to or less than 6g/100ml. | √ / x / NA | 1 = Met | 0 = Not Met |
| Guideline 3 | Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served. | √ / x / NA | 1 = Met | 0 = Not Met |
| Guideline 4 | a) When high fat ingredients (e.g. coconut milk/cream, full-fat yoghurt, full-fat cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with low-fat alternatives (e.g. low-fat evaporated milk, low-fat yoghurt, low-fat cheese, low-fat mayonnaise and low-fat cream).  

b) Use oils with the Healthier Choice Symbol (HCS) in food preparation.  
c) Butter, lard and ghee shall not be used. | √ / x / NA | 1 = Met | 0 = Not Met |
| Guideline 5 | Use skinless poultry and lean meat when preparing food. | √ / x / NA | 1 = Met | 0 = Not Met |
| Guideline 6 | Provision of water during lunch. | √ / x / NA | 1 = Met | 0 = Not Met |
| Guideline 7 | Food in the 4 food groups (1) brown rice & wholemeal bread (2) fruit (3) vegetables (4) meat & others, shall be served at lunch.  
Vegetables and fruit are to be served in the following amounts:  
a) Vegetables: 1.5 to 3 heaped dessertspoons per day  
b) Fruit: ¼ to ½ serving per day. Examples of ¼ serving of fruit are ¼ small apple or ¼ wedge of watermelon. | √ / x / NA | 1 = Met | 0 = Not Met |

---

6 Examples of food in the ‘brown rice & wholemeal bread’ food group are brown rice, wholemeal noodles, wholemeal pasta and wholemeal bread.  
7 Examples of food in the ‘meat & others’ food group are chicken, fish, lentils, beans and tofu.
GUIDELINE 8
Include whole-grains:

a) Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice

b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice

c) Use only wholemeal/whole-grain bread to prepare sandwiches

GUIDELINE 9
Prepare home-made snacks according to the guidelines below (where applicable):

a) Comply with the Healthy Meals in Child Care Centres Programme guidelines

b) Sugar content must be equal to or less than 1 tablespoon per child per serving

SECTION C: NUTRITION EDUCATION ASSESSMENT

Curriculum

1. Introducing My Healthy Plate

2. Sharing the basic concept of healthy eating which consist of choosing the right type of food and the right amount of food.

3. Sharing the importance of taking whole-grains, fruit and vegetables

4. Introducing the Healthier Choice Symbol (HCS) and explain why HCS products are healthier

5. Preparing a healthy meal with children involved

Field Trip

6. Organizing field trip to reinforce learning on healthy eating

Environment and materials

7. Setting up learning corners to reinforce children’s learning on the importance of healthy eating

Parental involvement

8. Engaging parents in activities to promote healthy eating.
### SECTION D – SUMMARY

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>✔️ or x</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food service assessment (See Section B)</td>
<td></td>
<td>/ 9</td>
</tr>
<tr>
<td>Nutrition education assessment (See Section C)</td>
<td></td>
<td>/ 8</td>
</tr>
</tbody>
</table>

Result (Pass or Fail)
(Pass = Full marks for section B (9/9) AND at least (≥) 6 marks for section C)

### SECTION E- FEEDBACK SESSION

Date of feedback session : ________________________________

Time period : ________________________________

Name and appointment of centre staff present:
1) ___________________________________________________________
2) ___________________________________________________________
3) ___________________________________________________________

Areas done well:
1) ___________________________________________________________

2) ___________________________________________________________

3) ___________________________________________________________

4) ___________________________________________________________

5) ___________________________________________________________
Areas to be improved and suggestions / recommendations:

1) __________________________________________________________________________
   __________________________________________________________________________

2) __________________________________________________________________________
   __________________________________________________________________________

3) __________________________________________________________________________
   __________________________________________________________________________

4) __________________________________________________________________________
   __________________________________________________________________________

5) __________________________________________________________________________
   __________________________________________________________________________

Other comments:
____________________________________________________________________________
____________________________________________________________________________

I acknowledge receipt of feedback/comments given by the assessor on our assessment for the Healthy Meals In Child Care Centres Programme.

Name & Signatory: ______________________________ Date: __________________________

School stamp:
____________________________________________________________________________

~THE END~
CERTIFICATE OF RECOGNITION

This is to certify that

has passed the assessment of

Healthy Meals in Child Care Centres Programme

Valid from -

Healthy Living Every Day

Zee Yoong Kang
Chief Executive Officer
Health Promotion Board
Annex D: HMCCP Poster
Annex E: HMCCP Parents’ Booklet
Annex F: Declaration Form from Caterer

To: Health Promotion Board

3 Second Hospital Avenue

Singapore 168937

Healthy Meals in Child Care Centres Programme (HMCCP)

Declaration of Information in accordance with the HMCCP Food Service Guidelines

We, ____________________________ (name of company) undertake that the information on compliance with HMCCP Food Service Guidelines declared in Annex A is true when preparing food and drinks for ____________________________ (name of child care centre) situated at ____________________________ (address of child care centre).

Signature : __________________________
Name : __________________________
Designation : __________________________
Date : __________________________

Company’s stamp: __________________________

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Annex A

Healthy Meals in Child Care Centres Programme (HMCCP) Food Service Guidelines

If there are guidelines that are not applicable, indicate with a ‘not applicable’ (NA). For all other Food Service Guidelines, indicate with a tick (√) if it applies to the food served to this child care centre. Otherwise, indicate with a cross (x) if a guideline is not applied to food served to this childcare centre.

<table>
<thead>
<tr>
<th>S/No.</th>
<th>HMCCP Food Service Guidelines</th>
<th>√ / x/NA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Provide cow’s or calcium-fortified soy milk/milk powder for each child per day</td>
<td>NA</td>
</tr>
<tr>
<td>2</td>
<td>For sweetened drinks and desserts, the sugar content must be equal to or less than 6g/100ml.</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Deep-fried food, pre deep-fried food upon purchase (e.g. pre deep-fried chicken nuggets and pre deep-fried French fries) and preserved food (e.g. sausage, ham, luncheon meat, preserved vegetables, preserved eggs) shall not be served.</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>When high fat ingredients (e.g. coconut milk/cream, full-fat yoghurt, full-fat cheese, mayonnaise, cream) are used in food and beverage preparations, half or more of the required amounts of such ingredients shall be replaced with low-fat alternatives (e.g. low-fat evaporated milk, low-fat yoghurt, low-fat cheese, low-fat mayonnaise and low-fat cream). Use oils with the Healthier Choice Symbol (HCS) in food preparation. Butter, lard and ghee shall not be used.</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Use skinless poultry and lean meat when preparing food.</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Provision of water during lunch</td>
<td>NA</td>
</tr>
<tr>
<td>7</td>
<td>Inclusion of food from the four food groups in lunch. Vegetables and fruit are to be served in the following amounts: a) Vegetables: 1.5 to 3 heaped dessertspoons per day b) Fruit: ¼ to ½ serving per day. Examples of ⅛ serving of fruit are ⅛ small apple or ⅛ wedge of watermelon.</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Inclusion of whole-grains where available a) Rice/porridge served must contain at least 20% unpolished rice e.g. brown rice b) Dried beehoon: at least 20% of wholemeal beehoon shall be mixed with other beehoon of choice c) Use only wholemeal/whole-grain bread to prepare sandwiches</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>Prepare home-made snacks according to the guidelines below (where applicable): a) Comply with the Healthy Meals in Child Care Centres Programme guidelines b) Sugar content must be equal to or less than 1 tablespoon per child per serving</td>
<td></td>
</tr>
</tbody>
</table>

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8 For example, if your company does not serve rice/noodles/pasta/bread to this child care centre, indicate with ‘NA’ at guideline 8.

9 HPB will conduct a random audit at your catering kitchen to assess this criterion.

10 The four food groups are (1) brown rice and wholemeal bread (2) vegetables (3) meat and others (4) fruit.
Fruits and vegetables have different colours with different types of super nutrients! Eat different types everyday because your body loves and need these super nutrients to stay fit and healthy!

**Are you eating all the different colours everyday?**

<table>
<thead>
<tr>
<th>Red</th>
<th>Yellow/Orange</th>
<th>Green</th>
<th>White</th>
<th>Purple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red pepper</td>
<td>Carrot</td>
<td>Broccoli</td>
<td>Cabbage</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Tomato</td>
<td>Orange</td>
<td>Spinach</td>
<td>Cauliflower</td>
<td>Purple</td>
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<tr>
<td>Watermelon</td>
<td>Papaya</td>
<td>Asparagus</td>
<td>Cauliflower</td>
<td>cabbage</td>
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<tr>
<td>Cherry</td>
<td></td>
<td>Kiwi</td>
<td>Turnip</td>
<td>Plum</td>
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</table>

**My favourite fruits & vegetables are:**

__________________

Hello! Colour the smiley faces with the colours of vegetables or fruits that you have eaten today.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>😄😄😄</td>
<td>😄😄😄</td>
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