

Healthy Child, Happy Child

by Department of Physical and Health Education





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Check-in Activity



What did your child
eat for breakfast this
morning?



Why is breakfast important to children?

1. Improves ability to focus and be attentive during lessons
2. Better retention of facts
3. Helps to establish a regular eating pattern
4. Reduces risks of childhood obesity



Healthy Meals in Schools Programme (HMSP)



What is the Healthy Meals in Schools Programme?

1. A programme with food service guidelines for canteen vendors

2. Cutting down fat, sugar and salt in the preparation of food

- Use skinless poultry and lean meat
- Deep-fried food and preserved food shall not be sold
- High fat ingredients replaced with reduced fat alternatives
- Cooking oils with Healthier Choice Symbol; no butter or ghee
- Gravy/sauce/oily or salty soup shall not be served unless upon request
- Commercially prepared snacks must have Healthier Choice Symbol
- All drinks that are sweetened with intense sweeteners are not allowed

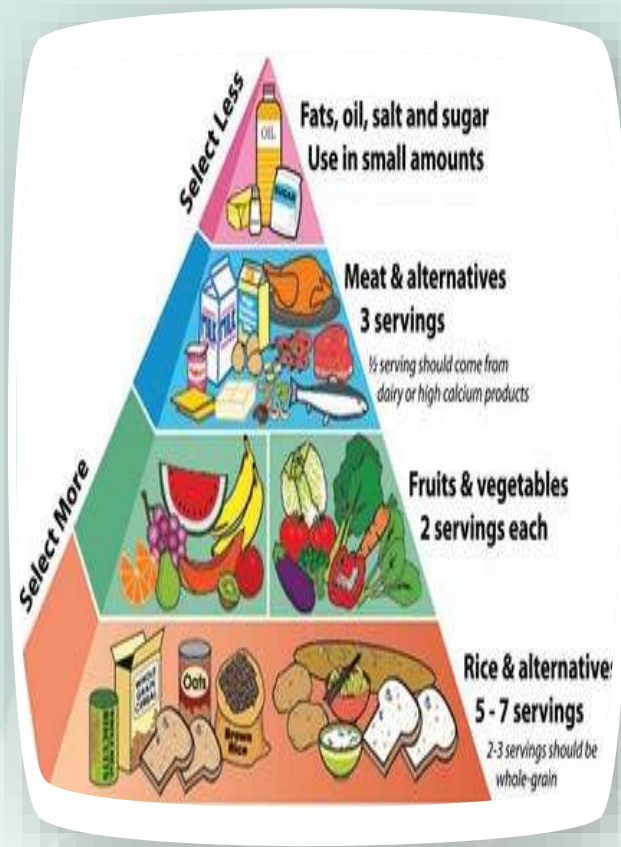
3. Serving healthy set meals (My Healthy Plate)

- Food is served as a bento with food from the 4 food groups (1) brown rice/ noodles/ wholemeal bread (2) fruit (3) vegetables (4) meat & others
- Only wholemeal/ wholegrain bread used for sandwiches
- Rice/porridge: at least 20% unpolished rice e.g. brown rice shall be mixed with other rice of choice
- Instant noodles: these shall have the Healthier Choice Symbol





My Healthy Plate



Healthy Diet Pyramid



Both convey similar healthy eating advice – the information on the food groups and recommendations is essentially the same. However, My Healthy Plate shows this in a way that's more easily understood and usable at mealtimes. That's why it's being used in place of the Healthy Diet Pyramid.



My Healthy Plate

1. Designed by Health Promotion Board for ALL Singaporeans
 - A visual guide to help build balanced meals
2. Fill half your plate with fruits and vegetables
 - 2 servings of fruit and 2 servings of vegetables daily
 - Naturally low in saturated and trans fat
 - Rich in dietary fibre, vitamins and minerals
 - Eat fruits, don't drink them
3. Fill a quarter with whole-grains
 - Brown rice, wholemeal bread, rolled oats, whole grain noodles
 - Richer in vitamins, minerals, phytochemicals
 - Reduces the risk of developing heart disease and diabetes
 - Allows you to feel full for a longer period
4. Fill a quarter with meat and others
 - Includes poultry, meats, seafood, eggs, nuts, bean products
 - Aim for 2 servings of fish per week



Activity Time

Design a meal that fulfils the guidelines from “My Healthy Plate”.



Snack Time

1. Provides a mental and physical recharge point for the children
2. Takes place in classrooms at 12.30pm daily
3. Pupils are encouraged to bring along a convenient and healthy snack for personal consumption e.g. fruit slices, wholemeal sandwiches
4. Full meals or food that goes bad easily are not allowed e.g. chicken rice, nasi lemak, yoghurt



Why the focus on healthy eating?

1. The obesity rate among school children have risen from 10% in 2000 to 12% in 2014
2. HPB study found that if a child is overweight at age seven, he has a 70% chance of growing up into an overweight or obese adult
3. Carrying excess weight comes with a whole set of health problems, with one of the most significant being the risk of getting diabetes



Is my child at risk of being obese?



Body Mass Index (BMI)

1. BMI measures the relationship between your weight and height to calculate the amount of body fat you have
2. The higher your BMI, the higher the amount of fat in your body

$$\text{CALCULATE YOUR } \mathbf{BMI} = \frac{\text{WEIGHT [kg]}}{\text{HEIGHT X HEIGHT [Metre]}}$$

18.5 TO 22.9 LOW RISK

23 TO 27.4 MODERATE RISK

27.5 AND ABOVE HIGH RISK



Adults



Body Mass Index (BMI)



BMI more than 22



Severely overweight



BMI more than 23



BMI between 19 and 22



Overweight



BMI between 20 and 23

BMI below 19



Acceptable Weight



BMI below 20



How does Xishan Primary School provide support for pupils with unhealthy BMI?



Club Fitness

1. An intervention program that seeks to promote wellness of a child with unhealthy BMI through the physical, mental and emotional domains
2. Twice a week during recess
3. Pupils will participate in age-appropriate and interesting physical activities



#lifehacks for healthy living

1. Take the stairs instead of the lift
2. Alight one or two bus stops before your destination and walk
3. Cut down on sweet drinks which includes isotonic and malt drinks
4. Drink 6 to 8 glasses of plain water per day (1 glass = 250ml)
5. Reduce screen time especially before bedtime
6. Sufficient sleep (Between 9 to 11 hours for 6 – 13 years old)
7. Ask for no salt with your fries
8. Eat everything in moderation including products with Healthier

Choice Symbol



YOU MAY THINK THAT IT'S OKAY
BUT CHUBBINESS IS NO CHILD'S PLAY

**A Healthy Child
Is a Happier Child**

Childhood obesity can increase the risk of chronic diseases such as diabetes and high blood pressure from a young age. Children who are overweight or obese are more likely to become obese adults. They may also be more likely to develop low self-esteem.



Train up a child

in the way he should go and when he is old
he will not depart from it.

Proverbs 22:6



Questions?

