



健康媽媽, 健康寶寶

Lesson 1 Energize Your Family – Getting Started

Tips to help your child eat well and move more:

- Be a good role model for your kids.
- Involve younger children in the decisions. (eg, let your children choose vegetables for dinner.)
- Make small changes and introduce new foods gradually.
- Limit foods high in fat and sugar, and offer more healthy food.(Such as fruits and vegetables, whole grains, and low-fat milk)
- Spend more time together as a family doing something active.(Plan fun and active things for your family to do together, such as a picnic, hiking, visiting the zoo/park or shopping.)

The important **543210 Message** that is aimed for children 3-5 year old:

5 – 5 servings of fruits and vegetables daily

4 – 4 cups of water daily

3 – 3 servings of dairy products daily

2 – 2 hours limit for screen time

1 – 1 hour of physical activities

0 – 0 sugary drinks daily

第一課 保持活躍，一家健康

如何幫助你小孩吃得更健康和多做運動：

- 在你小孩面前做個好榜樣
- 讓你小孩參與決定（例如，讓他們選擇他們喜歡的蔬菜來做晚餐。）
- 做小小改變和逐漸引進新的食物。
- 盡量不吃高脂肪及高糖份的食物，提供更多健康食品。（例如，水果，蔬菜，全穀類食品和低脂奶）
- 和家人一起做有益身心健康的活動（例如，野餐，遠足旅行，逛街等等。）

給 3-5 歲兒童的 **543210 信息**：

5 – 每天 5 份水果和蔬菜

4 – 每天 4 杯水

3 – 每天 3 份奶類製品

2 – 每天不超過 2 小時的熒幕時間

1 – 每天 1 小時的運動

0 – 每天 0 杯含有糖分的飲料