

# Healthy Kids

Newsletter - November 2025



Healthy meals, happy students

## Small Steps, Big Leaps

Research has shown that food preferences and eating habits are largely established in childhood. Dietary habits formed in childhood are often carried into adulthood, and hence it is important to establish healthy patterns early on. In *Atomic Habits*, author James Clear emphasizes consistency over intensity and the power of systems over goals. Since students consume at least one meal in the school canteen nearly every day for several years, schools function as a robust, consistent system that can repeatedly and reinforce, good dietary choices. By continually refining this daily system—such as ensuring all canteen offerings are balanced and healthy—schools naturally nurture and sustain the habit of good nutrition, leading to better health outcomes.

### What is Flash Freezing? ❄️ ⚡️

Right after farmers pick them, the vegetables are cooled down really, really fast at super low temperatures. Factories use special freezers that can go down to about  $-30^{\circ}\text{C}$  to  $-40^{\circ}\text{C}$ . That's much colder than the freezer at home, which is usually around  $-18^{\circ}\text{C}$ . Because it happens so quickly:

- The vitamins and minerals get “locked in” like they’re frozen in time.
- The colour, taste, and crunch stay almost the same as fresh.
- No big ice crystals form to damage the vegetables (so they don’t turn mushy if cooked properly)!

Think of it like snapping a photo—Flash freezing takes a picture of the vegetable at its  *freshest moment*  and keeps it that way until you’re ready to eat it. 📸

This commitment to refining our system continues as we transition from our current vendor, **SATS to Gourmetz in 2026**. Our new vendor will introduce a daily meal ordering system that, by design forces a change in choice architecture. This empowers both the parent and child to make an informed, proactive decision to eat right. By making good nutrition a fundamental, consistent part of the school system, we decisively nurture and sustain the habit of healthy eating, setting our students up for better lifelong health outcomes: *Small steps, big leaps!* 🌈 🌱 💪

## ❄️ The Frozen Truth

Don't let the name fool you: frozen vegetables are a nutritional powerhouse, often healthier than their "fresh" counterparts. The reason? They are **flash-frozen** immediately after being picked at their peak ripeness. This process locks in essential nutrients like **Vitamin A** (for healthy eyes), **Vitamin C** (for strong immunity), and **Fibre** (for a happy tummy), which can be lost over the days or weeks "fresh" produce spends traveling and sitting on shelves.

🥬 🥕 🥦 **The main takeaway is simple:** What matters most is simply eating vegetables daily. Don't hesitate to use frozen options—they are a healthy, convenient, and reliable way to ensure your plate is full of goodness!

A	B
Flash Freezing	Happens at $-30^{\circ}\text{C}$ to $-40^{\circ}\text{C}$
Vitamins	Keep us strong and healthy
Frozen Veggies	Keeps our tummy happy
Fibre	Where we store veggies
Freezer	Are as nutritious as fresh ones



**Freeze the Facts!**  
Draw a line to match the item with the correct fact.



# Healthy Meals for a Healthy Child

How healthy is outside food for your child (and you)?  
Here are some tips on opting for healthier out-of-home meals to cultivate your child's healthy eating habits from young.

## Let your child have more of these...

- **Fruits and vegetables.**
- **Wholegrain** (contains more vitamins, minerals, phytochemicals and fibre than refined grains).
- **Calcium-rich/fortified products** (e.g. dairy, calcium fortified soybean milk)



...and less of these

- **Salt and salty processed food** (will increase risk of high blood pressure in adulthood).
- **Sugar** (more calories with little nutritional value and will increase the risk of tooth decay).



**Fats are important for your child's growth.**  
Choose healthier fats (e.g. mono and polyunsaturated fats) as they are beneficial for heart health. Reduce your intake of saturated and trans fats to reduce risk of heart disease.



## Look out for stalls with the Healthier Children's Meal endorsement:

Health Promotion Board's **Healthier Children's Meal endorsement** meets the 'My Healthy Plate' guidelines and are prepared using healthier ingredients.



**Healthier children's meal**  
available here  
Eat all foods in moderation.



Adequate fruits and vegetables.



Healthier cooking oil.



HCS wholegrain products, sauces and/or salt and beverages (with no sweeteners).

For a full list of Healthier Dining Programme (HDP) partners, please [CLICK HERE](#)



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