

HEALTHY KIDS

NEWSLETTER - NOV 2023

PARENTS' ENGAGEMENT ON SCHOOL MEALS PROGRAMME

We organized a Parents' Engagement event on our School Meals Program (SMP) on 22 Aug 23. We invited parents who were interested in learning more about what our students ate in school. 32 parents attended and shared what they liked and gave suggestions for improvement. The SATS Project Team, comprising Head of Commercial Catering, Mr Emmanuel Tan, and Dietician Ms Oh Chai Lee, were present at the event and shared HPB's Healthy Meals in School Meals Guidelines and addressed parents' queries on the nutritional value of their child's school meals.

Parents were also treated to a light breakfast provided by SATS, featuring options such as BBQ Chicken and Cheese Wrap, Satay Chicken with Fried Rice, Singapore Fried Bee Hoon with Vegetarian Fishball, Chicken Stroganoff with Buttered Rice, and Broccoli. These are the same meals that our students enjoy during their recess.



HEALTHY BENTO-MAKING ADVENTURE: INSPIRING YOUNG CHEFS AT BRPS!



Term 3's bento-making session at BRPS brought together our Primary 1 students and SATS's in-house Dietitian, Ms. Oh, for an exciting culinary adventure. We believe in making healthy eating fun and educational.

Dressed in aprons, plastic gloves, and chef hats, students let their imaginations run wild with ingredients like mixed grain rice, BBQ minced chicken (or tofu for our vegetarian friends), scrambled eggs, and a colorful array of vegetables. The school canteen buzzed with excitement as it transformed into a lively kitchen of culinary discovery! The bento-making session was a great success! We hope that this experience will inspire them to keep making delicious and nutritious choices for a happy and healthy life!



GUIDELINES FOR NUTRITIOUS EATING

- 2 SPOONS OF VEGETABLES
- A PALM FULL OF PROTEIN
- A FIST SIZE OF STARCH



KNOW YOUR NUTRI-GRADE



A

B

C

D



WHAT DO THEY MEAN?^[1]



Lowest in sugar
and saturated fat



Denotes the sugar
level (%) **per 100ml**
for beverages, which
varies among drinks.



Highest in sugar
and saturated fat

Examples of nutri-grade A and B drinks:



Mineral water



Soy milk

Chrysanthemum
tea (no sugar)Cultured milk
(less sugar)

Tips on choosing healthier beverages:

- Always choose water first
- Look out for healthier choice symbols (HCS) or nutri-grade A or B drinks
- Compare beverages within the same category (e.g. apple juice from brand X and brand Y) and choose Grade A or B
- Consume beverages in moderation if graded "C" or "D"



What is nutri-grade labelling for?

- Only for **beverages**, based on sugar and saturated fat content
- **Optional** labelling for **Grades A and B**
- **Mandatory** labelling for **Grades C and D**



SCAN FOR THE
NUTRI-GRADE
DIRECTORY!

Why do some drinks show 0% sugar content but are Graded "C" or "D"?^[1]

- Drinks are graded based on **both** sugar and saturated fat content
- Even if the drink has 0% sugar level, it may still be high in saturated fats
- Example: full cream milk is **graded "C"** due to its **high saturated fat** content compared to low-fat milk. But, it is still a good source of protein and calcium, especially for children aged 1-2 years old.

sats

In SATS, we constantly source
and provide healthier drinks that are
lower in sugar.



Want to know more about the Be Bright Eat Right Programme? Find out more [here!](#)

Need more information on our programme or how healthily your child is eating? Ask our panel of Dietary & Culinary Experts at sats_schoolmeals@sats.com.sg.

Have enquiries? Call us at 62717387 or email us at brps@moe.edu.sg!



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