



Li Cheng Uk Government Primary School

43 Tonkin Street, Sham Shui Po,  
Kowloon

Tel : 2386 8049  
Fax : 2708 9950

Website : <http://www.lcu.edu.hk>  
Email : [lcugps@edb.gov.hk](mailto:lcugps@edb.gov.hk)

**e- Notice: 8/2024-25**

20.9.2024

**Joyful Fruit Recess and Healthy Diet**

Dear Parents / Guardians,

According to the World Health Organization, adequate fruit and vegetables intake can reduce the risk of developing heart diseases, stroke and certain cancers. Fruit is rich in water, dietary fibre, vitamins and minerals and is thus very good for health. As such, we are promoting the habit of eating fruit during recess time instead of junk food like crisps and chips.

As for lunch, parents are advised to prepare healthy lunch boxes for their children so that they can have a balanced diet. Keep your child away from fast food, juice and soft drinks as these are high in sugar contents.

Let us work together to help our children develop healthy eating habits so that they can be fit and strong!

(Ms CHUI Sau-man)  
Headmistress

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**Reply Slip**

**Joyful Fruit Recess and Healthy Diet**

e-Notice: 8/2024-25

Date: \_\_\_\_\_

To : Headmistress,

I have read the School Notice No. 8/2024-25 dated 20.9.2024 and I fully understand its content.

Student's Name: \_\_\_\_\_ ( )

Class: P. \_\_\_\_\_

Parent's / Guardian's Signature: \_\_\_\_\_