

# Pupils taught to whip up healthy meals

A PRIMARY school here has gone the extra mile to help its pupils eat more healthily.

All 2,400 or so pupils at Fuchun Primary School have been taught how to prepare a healthy meal for themselves, through lessons given by about 20 parent volunteers.

Canteen food is also labelled so pupils can be taught to pick the healthier options.

Under the school's Homeskills Programme, which began in 2006, pupils go through one lesson a year on healthy eating.

Primary 1 pupils start by making sandwiches, while pupils from Primary 4 to Primary 6 go on to learn how to cook chicken rice, fried rice and chicken curry.

The dishes are made using healthier recipes provided by the parent volunteers. For example, to make chicken rice, the skin of the chicken is removed, and no oil is added.

In February this year, the school also introduced a "traffic-light system" for food sold in the canteen.

Each stall has a cardboard "traffic-light signal" pasted on its wall, listing the healthiest food it sells in the green light, and the least healthy in the red.

Teachers encourage the pupils to eat more foods that get the green light, such as fruits.

The school will be sharing its experiences on getting teachers and parents to help children lead a healthy lifestyle at a seminar today.

Organised by the Singapore Heart Foundation and the National Institute of Education, the seminar is part of events lined up to mark National Family Week.

It will be held today at Raffles Junior College, with Member of Parliament for Jurong GRC, Madam Halimah Yacob, as the guest of honour.