The dietary requirements differ slightly for school-going children and adolescents, based on their age range. In comparison, adults are advised to eat five to seven servings of brown rice and wholemeal bread, two servings each of fruit and vegetables, and two to three servings of meat and others.

**WHAT MAKES ONE SERVING?**

<table>
<thead>
<tr>
<th>Type</th>
<th>3-6 years old</th>
<th>7-12 years old</th>
<th>13-18 years old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice</td>
<td>3 to 4 glasses</td>
<td>5 to 6 glasses</td>
<td>6 to 7 glasses</td>
</tr>
<tr>
<td>Bread</td>
<td>3 to 4 slices</td>
<td>5 to 6 slices</td>
<td>6 to 7 slices</td>
</tr>
<tr>
<td>Fruit</td>
<td>1 serve</td>
<td>2 serves</td>
<td>3 serves</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 serve</td>
<td>2 serves</td>
<td>3 serves</td>
</tr>
<tr>
<td>Meat</td>
<td>1 serve</td>
<td>2 serves</td>
<td>3 serves</td>
</tr>
</tbody>
</table>

- **A glass of pure fruit juice**
- **Two slices of bread**
- **Three eggs (not more than half a dozen per week)**
- **Two small portions of fruit or two servings of vegetables**
- **A palm-sized piece of fish or lean meat**
- **Half a head of raw or cooked vegetables**
- **A small cup of soup, orange or juice**
- **A large portion**
- **A wedge of pineapple, watermelon or papaya**
- **Two glasses of milk**
- **A pinch of soy sauce**

**Proportion of ‘healthy pre-schools’ accredited by HPB jumps to 62%**

Only 11% met criteria such as healthy diet and exercise in 2015, said Mr Fun. “The accreditation process is not easy, and only one in six young pre-schools would meet the criteria,” he told The Straits Times.

By the end of 2017, the HPB had 150 pre-schools accredited — 62 per cent of the 1,850 pre-schools that it surveyed last year. In 2016, only a quarter of pre-schools met the gross motor activity guidelines that children are expected to meet, said Mr Fun.

**WAR ON DIABETES: An inside look**

Peple at a nature skill development lesson at the PCF Sparkletots Pre-school in Ang Mo Kio. The exercise counts towards the criteria for accreditation as a healthy pre-school, along with healthier meals and other requirements.

**BENEFITS AND MANIFOLD**

Getting the children to be more active promotes locomotor skills and builds their self-confidence, so they will be more open to trying new games and sports.

Mrs Daphne Lim, 42, who has six daughters aged three to 13, did not get them interested in exercising when they were young. “As they grew older, they became more comfortable and have other commitments, so it is harder to instill healthy habits,” she said.

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**ST PHOTO: NG SOR LUAN**