

Comparison of school lunches in Hong Kong, Indonesia, and Japan

By: Group 7

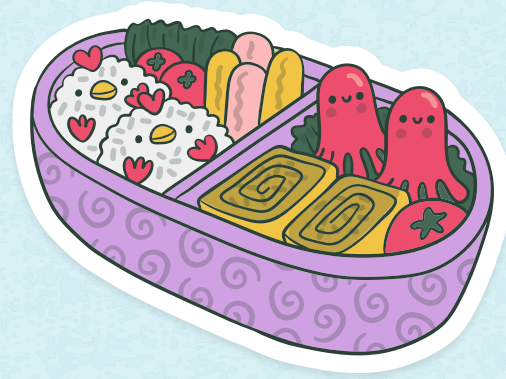




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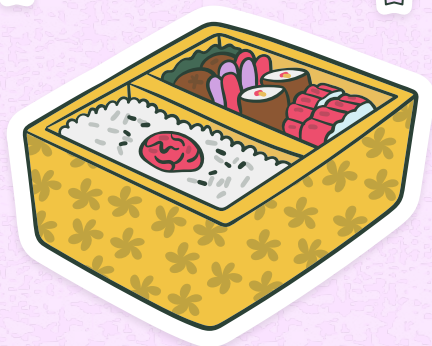
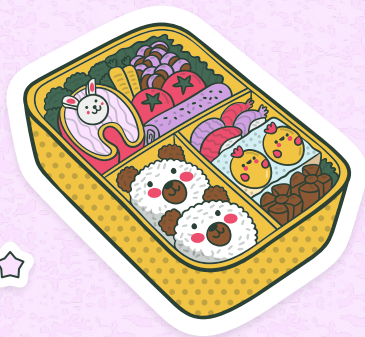
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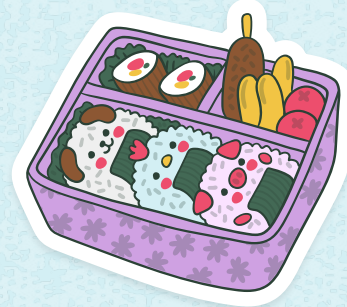
01

School Lunches in Hong Kong



Hong Kong Government's Regulations on School Lunches

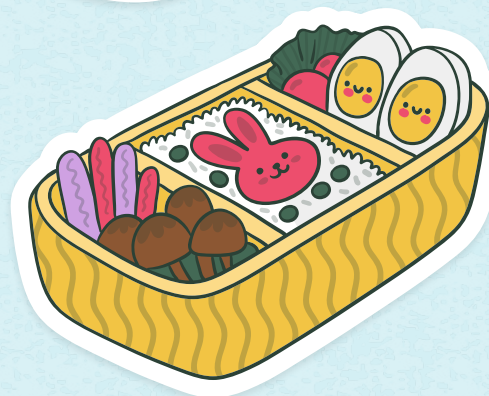
- Strict regulations on monitoring school lunch supplier's food quality
- Education Bureau: "...The quality of school lunch depends very much on the choice of ingredients and the cooking methods used. A desirable and healthy lunch should be able to deliver about one-third of the daily nutritional needs of a school child."
- "Principles of a healthy lunch"



Principle of a **HEALTHY LUNCH**

A desirable and healthy lunch principle made by the HKG

- Provide grains (such as rice, pasta), vegetables and meat (or its substitutes) in the ratio of 3:2:1 by volume
- Contain at least one serving of fresh vegetables;
- Lean meat, fish or poultry without skin more;
- Low fat cooking methods such as steaming, boiling, stir-frying with minimal amount of oil or baking;
- Vegetable oils only, such as corn oil, canola oil, olive oil and peanut oil, in small amount for cooking;
- Avoid whole fat dairy products, preserved or processed food and gravy/sauce of high fat or salt content
- Do not provide desserts or confectionery.





School Lunches

Where?



- Primary schools and some secondary schools

Suppliers?



- Fit For Life Luncheon & Catering Services
- Murray Food & Beverage Limited
- Sailing Boat Luncheon Production Ltd.
- Danny Catering Service Ltd.
- ,etc.



☐ 如要正式收據，請在空格內加上「✓」

日期	星期	選擇	A 款 (營養餐)	編號 (附註)	B 款	C 款	D 款	是/否甜品
1	四	B	鮮椰菜花薯仔炆雞皇飯	776	焗龍蝦汁海鮮飯#	芝士火腿包+腰豆炒意粉	柴魚花生粥+潮州粉果・燒賣(流質、小骨)*	
2	五	B	南瓜鮑汁牛肉飯	743	鮮蘑菇蟹柳火腿粒飯	香菇塔雞扒・香腸+粟米雞粒飯	白菜豬肉水餃湯意粉(流質)	甜品
5	一	一	蕃茄滑蛋牛肉飯	834	磨菇汁燴火腿肉絲飯	芝士羅馬風味腸+雞茸肉醬意粉	巴黎牛油汁焗烤豚肉飯	
6	二	D	蝦蟹蟹柳肉片+香菇飯	850	原盅北菇蒸鮮魚雞粒飯	咖喱雞千層麵+炭燒豬扒包	芝士肉醬意粉	
7	三	B	香芒牛柳粒+紅米飯	728	椰汁雞皇飯	生煎包・燒賣+什菜肉絲燴蝦針粉	黑椒什扒飯(小辣)	
8	四	B	翠肉瓜免治牛肉飯	871	焗芝士鷄塊飯	照燒雞中翼・魚蛋+南瓜青節瓜米線	馬來沙嗲豬扒拼香腸飯(小辣)*	
9	五	A	荔枝汁烤豬柳飯	738	肉燥滑豆腐飯	豬肉丸・香腸+芝士火腿雞粒飯	魚皮餃子湯米線(清湯)#	飲品
12	一	D	八寶燴玉子豆腐飯	750	中式豬扒拼羅馬腸飯	糯米雞+甜品		



- Filling in the school lunch form each month (A,B,C,D)
- A is the “nutritious meal”
- C is often fast food
- We all love option C because it is the safest most of the time
- Have to get our meals checked by teacher before trashing them to see whether we have eaten enough food/prevent wasting

Jealous of classmates who bring their own meals from home

General opinions on **School Lunches in HK**



Tasteless

- School lunches are usually tasteless because they have to meet the government's "healthy" regulations and requirements

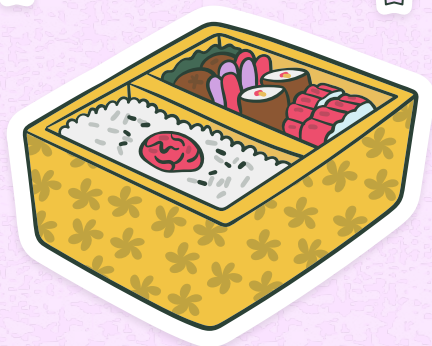
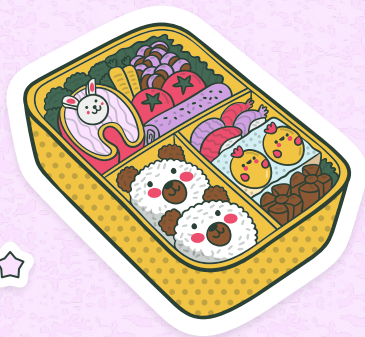
Gross

- Netizens joke about meat cakes in school lunches taste like bricks because they are too hard to bite
- There's a really weird sauce often used by school lunch suppliers called Paris sauce

Healthy



- Although Hong Kong school lunches are bad, they are still part of my precious childhood memories, and they are really cheap and healthy (HKD\$18/meal ~ USD\$2.3)



02

School Lunches in Indonesia

Condition Preview



It is not common for Indonesian schools to provide school lunches



often the fulfillment of energy and nutrient from school lunches is included in the less category (Palupi *et al.* 2020)



there is no national standard that regulates the nutritional quality of school lunches



Regulation of the minister of domestic number 18 year 2011, Regarding the provision of food for school age student

SCHOOL WITHOUT SCHOOL LUNCHES PROGRAM



Not all school provides
school lunch program



How do they have lunch ??

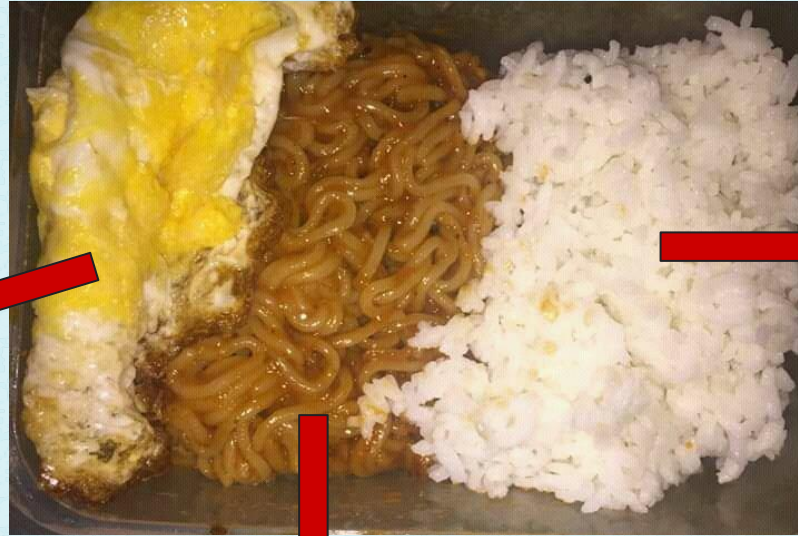


Bring homemade lunch
(Yuliani *et al.* 2021)



Buy them at the street vendor
(Julizar 2014)

Common Homemade Lunch in Indonesia



Fried Egg (Prot)

High carbo
High energy
Low nutrient

Noodle (Carb)

Rice (Carb)

SCHOOL WITH SCHOOL LUNCHES

PUBLIC SCHOOLS IN JAKARTA PROVINCE

The education authorities in Jakarta province used to have a program during 2018-2019, in which every elementary student in public schools gets food and snacks.

PESANTREN (ISLAMIC BOARDING SCHOOLS)

Studies done by Ningtyias *et al.* (2018) shows that The level of energy adequacy and the level of protein adequacy provided by the school lunches in pesantren did not meet the recommended nutritional adequacy rate.

SERVICE SCHOOLS

Study done by Ambryan (2018) and Jamirda (2015) shows that school lunches provided by the service schools have a good nutritional adequacy rate.

PRIVATE SCHOOLS

According to the studies done by Palupi *et al.* 2020, most students in private have less fulfillment of energy and nutrients from school lunches.

1

2

3

4



RESEARCH RESULT

The research has been conducted by aliyah and her friends in 2019 towards 2 schools (Budi Mulia Pandiansari elementary school (as full day school) and Madrasah Ibtidaiyah Al Huda (as half day school))



Half day school has a risk 3,809 times lower in experience high nutritional status than full day school. Half day school (gained food out of their pocket) while school got their food from the school itself since it is providing the school lunches, and some of them also bring their food from home.



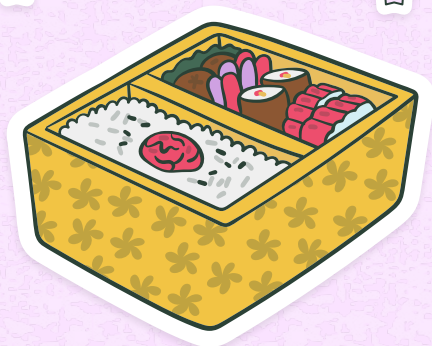
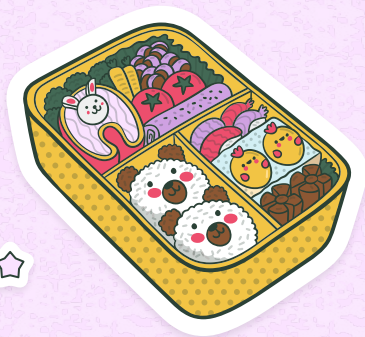
RESEARCH RESULT

Furthermore, children in half day school often do moderate physical activities, while full day school do strenuous (heavy). According to that, the chemical component from the food will be burnt into energy

So, the intake of nutritious and quality food is very necessary. Improving food quality should be the main focus. Rather than the energy content, we should be more focus on the nutrition content of the food especially micronutrient.



However, school lunch is not the only determinant of a student's food intake. Students' food intake at home in the morning and evening also affects the quality of students' food intake.



03

School Lunches in Japan

Japanese School Lunches Composition

Side dish
(Vegetables
are mainly
used)

Milk

Main dish
(Meat or Fish
are mainly
used)

Rice

Soup

In Japan, the intake standards for nutrition for school lunches are stipulated in detail by Ministry of Education, Culture, Sports, Science and Technology-Japan

Image:<https://th.bing.com/th/id/R.89e28c9bf2adbebf2913b23cfc168fb?rik=EyNfAnHYM99%2fa&riu=http%3a%2f%2f fogimi-school.ed.jp%2fjr%2fw- content%2fuploads%2f2021%2f01%2f125.jpg&ehk=THBrSr3ad4sDKSsGpGW5rNxG5wIE W4%2frUOxJzx2AGII%3d&risl=&pid=ImgRaw&r=0>

School Lunches Implementation Rate

- 99.1% of elementary schools provide school lunches in 2018.
- 89.9% of Junior high schools provide it, too.
- On the other hand, the percentage of school lunches provided at public junior high schools in Kanagawa Prefecture is 44.5%, which is quite low.



Not all the Japanese students are guaranteed the opportunity to eat school lunches.



Why Is There **Milk** In School Lunches ?

- **Milk contains a lot of calcium and has a high absorption rate**
- **Also, children can take in vitamin-B2 and high-quality protein.**

Milk can contribute to the growth to of Children.

But,
some students
don't like to drink
milk with lunches.



- **Students are tired of milk because they drink every day.**
- **Milk does not match the taste of lunches.**

Image:<https://www.irasutoya.com/>

Advantages & Disadvantages of **school lunches**

Advantages

- 1 金銭的な負担がない No financial burden
- 2 時間的な負担がない No time burden
- 3 栄養のバランスやカロリーが考えられている
Nutritional balance and calories are considered
- 4 出来たての温かい物が食べられる
You can eat fresh hot food
- 5 汁物が食べられる You can eat soup



Disadvantages

I can't pay for lunch

給食費



1 アレルギー対応をする必要がある
Need to accommodate allergies

2 給食費がかかる Have to pay for school lunches

3 準備に時間がかかり、食べる時間が短くなる
Takes longer to prepare and less time to eat



Image: <https://www.irasutoya.com/>

Advantages & Disadvantages of lunch boxes

Advantages

<https://oikura.cleanup.jp/workingmama/72>



Relax!
[not my photo]

- 1 好きな物を選べる Can choose what you want
- 2 アレルギー対策できる Can deal with allergies
- 3 保護者とのコミュニケーションがとれる
Can communicate with parents
- 4 準備・配膳がないので長く食べられる
Can eat longer because there is no preparation or serving
- 5 「交換」を楽しむ Can enjoy sharing

Image: <https://www.irasutoya.com/>



<https://oikura.cleanup.jp/workingmama/72>

Disadvantages

1 作ったり洗ったりする時間が必要 Need time to make and wash

2 メニューを考える必要がある Have to think of a menu every day

3 冷めてしまう Get cold

4 汁物・麺類が食べにくい
Difficult to bring soup and noodles

5 持っていくのを忘れちゃう Forget to bring it(😝)

6 腐っちゃう Rotten it(😞)



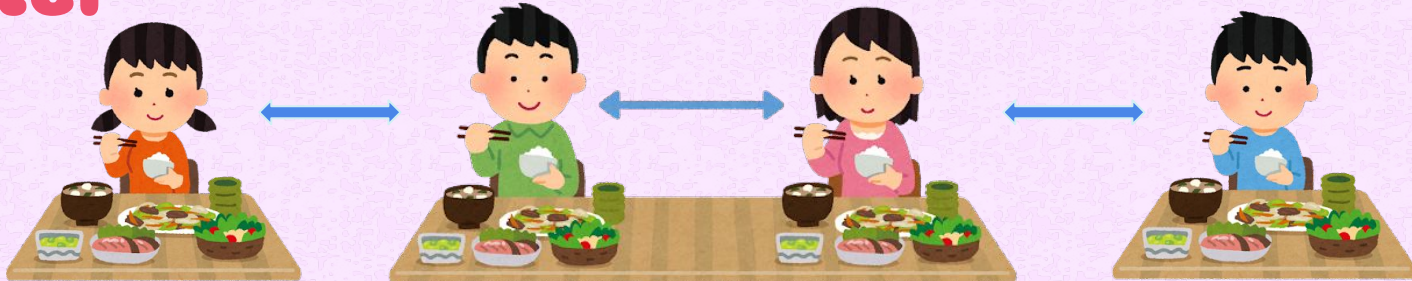
The coronavirus pandemic

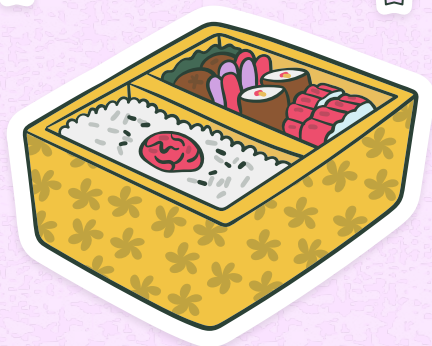
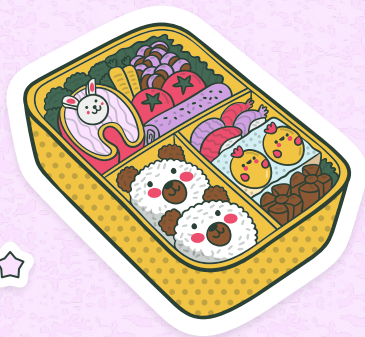
Before



After

Image: <https://www.irasutoya.com/>





04

Conclusion



CONCLUSION

Countries have different standpoint and regulation according to school lunches. Hong Kong's and Japanese government has a systematic regulation according to school lunches, meanwhile Indonesian government does not. It is common for schools in Hong Kong and Japan to have lunches provided by the school, meanwhile in Indonesia it is not common despite being a country implementing full day school. Majority of schools that provided school lunches in Indonesia fails to provide a good nutritional adequacy rate, this is mainly because of the unsettled national standard of school lunches. Student's response to school lunches in each countries are also vary, depending on its organoleptic characteristics and nutritional value.



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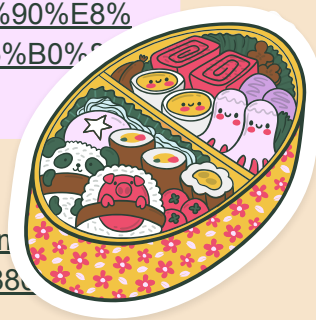
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Thank You!