

你又食 我又食

健康水果隨時食

Healthy Fruit for Everyone at Any Time

Review of "Joyful Fruit Month" 2019

To encourage an adequate daily intake of fruit by students, the Department of Health (DH) had held the annual "Joyful Fruit Day" since the 2006/07 school year and upgraded the event to the "Joyful Fruit Month" in the 2012/13 school year. For many years, the "Joyful Fruit Month" has been well received by schools. Last school year, the event saw the participation of more than 530,000 students from 1,358 schools. To revisit the activities organised in schools, you may browse the [School Activity Photo Gallery](#).

One of the highlights of the "Joyful Fruit Month 2019" was the release of its theme song, which is titled "水果 Two-A-Day" in Chinese. With a lively and energetic melody, the song belts out the healthy message of eating two servings of fruit every day.

If you would like to watch the music video, please visit the [web page of the Joyful Fruit Month Theme Song](#).



Joyful Fruit Month 2020

Healthy Fruit for Everyone at Any Time

This school year, the DH continues to designate April as the "Joyful Fruit Month". "Healthy Fruit for Everyone at Any Time" has been adopted as the slogan, with the aim of encouraging students to enjoy tasty fruit anywhere at any time. In early October, the brand new promotional posters and information materials were delivered by post to kindergartens, primary schools and secondary schools. Enrolment is now open. So far, more than 800 schools have signed up for the "Joyful Fruit Month 2020". To get free delivery of materials from mid-January to end of February 2020, please sign up for the "Joyful Fruit Month" on or before 31 December 2019.



New
Interface
for

"Joyful Fruit Month" Website

Revamped with a new interface, this school year's **"Joyful Fruit Month" website** has been made available since October. Here you can find a lot of useful information. Some highlights are as follows:

Fruit Comic Series

Come find out more trivia about fruit in these funny comic strips!

Nutritional Facts of Fruit

In this section, you can find detailed information on the nutritional values and characteristics of a variety of fruits. It is a useful tool for designing exhibition panels and quiz games themed on fruit, as well as a reference guide for the

Fun Fruit Quiz.

EatSmart Fruit Recipes

This web page features more than 40 fruit recipes. Schools may look for inspiration here when organising fruit-themed cooking competitions or cooking classes.



Recommended Activities



Activities for kindergartens and child care centres

This school year, we have designed the brand new "Fruit & Veggie Race" (with a game board sheet) for students and their family members to broaden their knowledge relating to fruit and vegetables through game play. In addition, schools may choose to organise popular activities from the previous years, including the "Fruit Colouring Game", "Fruit Diary Card Award Scheme" and "Vote for My Favourite Fruit". We have also freshened up the activity materials with some new designs.



Activities for primary and special schools

Tongue Twister Challenge

With this tongue twister contest, students can enhance their understanding of and interest in fruit.



Fruit Colouring Game

To give students an opportunity to flex their creative muscles, schools may distribute copies of the "Fruit Colouring Worksheet" provided by the DH.



School Fruit Promotion Project in secondary schools

Since the launch of the School Fruit Promotion Project, over a hundred of secondary schools have received subsidies from the "School Healthy Eating Promotion Fund" provided by the Hong Kong College of Cardiology and its Jump Rope for Heart Program to conduct a diverse range of fruit promotion activities. Last school year, the subsidised secondary schools organised more than 170 activities in total. Under their teachers' guidance, students spread out healthy messages on eating fruit by organising a variety of popular activities, including the "Fruit Quiz Competition", "Campus Fruit Party", fruit cooking classes and booth games.

As in previous years, the maximum amount of subsidy available to each school is HKD\$ 2,000, including a maximum of HKD\$ 1,500 for purchasing fruit. The deadline for the application is 31 December 2019. Places are limited so please apply now!



