

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 2020



Starting from the 2006/07 school year, the "Joyful Fruit Day" event is held by the Department of Health (DH) on an annual basis. In the 2012/13 school year, the event was upgraded to become the "Joyful Fruit Month", which has been well received by schools. Despite the disruptions caused by the COVID-19 pandemic, many schools still worked tirelessly to promote the "Joyful Fruit Month" in various ways, such as arranging fruit promotion activities on campus or distributing educational materials of the "Joyful Fruit Month" to students for their own use at home. In the 2019/20 school year, the "Joyful Fruit Month" saw the participation of more than 1,300 kindergartens and child care centres, primary schools, special schools and secondary schools, benefiting more than 500,000 students. We would like to extend our sincere gratitude for your enthusiastic support.



Joyful Fruit Month 2021

Healthy Fruit for Everyone at Any Time



This school year's "Joyful Fruit Month" will be held in April 2021. The previous school year's slogan "Healthy Fruit for Everyone at Any Time" will continue to be adopted as the slogan, with the aim of further promoting the message that fruit can be eaten at any time, anywhere. If schools have kept activity materials from last year, they can be used for this school year. For request of materials, schools can fill in and submit the reply slip or enrolment form of the "Joyful Fruit Month" **on or before 31 December** to get free delivery of materials by the end of February 2021.



Latest Arrangements for

"Joyful Fruit Month"



Schools that participated in the "Joyful Fruit Month" in the 2019/20 school year will be automatically included in the list of participating schools from the 2020/21 school year onwards. Re-enrolment is not required. Schools' participation in the "Joyful Fruit Month" will be automatically renewed every school year. To obtain activity materials and update information, school simply need to fill in the reply slip. For newly participating schools, please download the enrolment form from the "Joyful Fruit Month" website.



School Fruit Promotion Project for Secondary Schools

Over the years, the School Fruit Promotion Project has gained immense popularity and seen the participation of various secondary schools. Each participating secondary school can apply through the DH for subsidies from the "School Healthy Eating Promotion Fund" provided by the Hong Kong College of Cardiology, so as to conduct a diverse range of fruit promotion activities, such as "Campus Fruit Party", booth games, preparation of display boards and exhibition panels, and design of fruit recipes. An eligible secondary school can receive sponsorship up to a maximum of HKD\$ 2,000, including a maximum of HKD\$ 1,500 for purchasing fruit. The deadline for the application is 31 December 2020. Places are limited so please apply now!

New Interface for "Joyful Fruit Month" Website

Following the update of the "EatSmart@school.hk" Campaign's thematic website, a new interface has been introduced for the "Joyful Fruit Month" website to facilitate users' access to different types of resources. Featuring rich and engaging content, the "Joyful Fruit Month" website includes the following highlights:

Overview of E-Resources of "Joyful Fruit Month"

1 Nutritional Facts of Fruit

With the new interface, the web page provides a clear overview of fruit types. You can look up the nutritional values and characteristics of different types of fruit more easily.



2 Fun Fruit Quiz

To increase the difficulty of the quiz, we have added several new questions. You can immediately see your result after finishing the quiz. Come take on the challenge now!

3 Fruit Comic Series

Here you can find a collection of comic strips featuring the Fruit Family characters. Read them to discover the joy of eating fruit and brush up on your knowledge of fruit.



4 "Joyful Fruit Month" Theme Song

With a relaxing and cheerful melody, this song reminds everyone that there's way to eat two servings of fruit every day. In fact, it is not difficult to have two servings of daily fruit intake. There are many occasions for you to eat fruit, whether you stay at home or go out. Schools can play this song when organising fruit promotion activities to let students sing about the joy of eating fruit.



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Healthy Fruit for Everyone at Any Time

1

I want to bring some fruit to snack on when we go hiking tomorrow.

During the pandemic, you have to be extra careful when eating in public places!



2

Remember to choose an appropriate fruit, such as grapes. Wash the grapes well before storing them in a food box. Don't forget to clean your hands as well before eating.



3

That's right. Bananas and pears are also easy to carry around. Both of them are sweet and tasty. They can help you replenish stamina. And they are rich in dietary fibre, vitamins and minerals!



4

Wherever you are, remember to eat fruit every day!

Got it!

