

你又食 我又食

健康水果隨時食

Healthy Fruit for Everyone at Any Time



The Latest on Enrolment



A record-breaking number of over 1,420 schools have signed up for this school year's "Joyful Fruit Month" since the enrolment began, with the number of participating students exceeding 520,000. To look up the details of the participating schools, please refer to the List of Participating Schools & School Map. For schools which have not yet signed up for the "Joyful Fruit Month", they can submit the enrolment form [on or before 30 April 2021](#).

Most Popular Resources



To assist teachers and students in organising fruit promotion activities, we have made different types of "Joyful Fruit Month" publicity materials for free collection by the participating schools. For more details, please refer to the "Joyful Fruit Month" website. So far, the three most popular resources and learning support materials are as follows:

Kindergartens and Child Care Centres



Fruit Diary Card



Fruit Colouring Worksheet



Fruit & Veggie Race

Primary and Special Schools



Fruit Colouring Worksheet



DIY Activity Sheet



Billboard Poster Materials



"Joyful Fruit Month" Trophy

In recognition of schools' support over the years, the Department of Health (DH) will award a trophy to all schools participating in the "Joyful Fruit Month" for the tenth consecutive year. Eligible schools will later receive a notification letter regarding the delivery arrangement of the trophy.





E-Certificates



The E-Certificates for this school year have been uploaded to the "Joyful Fruit Month" website. The password for starting the E-Certificate Programme will be sent to teachers by email. After logging in, teachers can prepare certificates for presentation to students who have actively participated in the activities of the "Joyful Fruit Month" as a means of recognition.



School Activity Photo Gallery

Thanks to schools' tireless efforts in promoting fruit consumption on campus, the activities of the "Joyful Fruit Month" have brought joy and happiness to teachers, students and parents. All those smiling faces in the photos are precious memories to be cherished. We encourage schools to share the joy and submit the activity photos together with the **consent form** to the Joyful Fruit Month Secretariat. The submitted photos will be uploaded to the School Activity Photo Gallery.



School Fruit Promotion Project for Secondary Schools

Points to Note for Applying for "School Healthy Eating Promotion Fund"

To help teachers and students develop the habit of eating fruit, the School Fruit Promotion Project aims to encourage schools to form a teacher-led working committee to organise effective fruit promotion activities. Over the years, the participating secondary schools have received sponsorship from the School Healthy Eating Promotion Fund established by the Hong Kong College of Cardiology (HKCC).

The application period for the Fund ended on 31 December 2020. For schools that have already filed an application, they are required to submit the evaluation and financial reports (Appendix II) along with the original set of relevant documents to the HKCC by post and the copies to the DH **by post, fax or email by 15 June 2021**. Upon approval by the HKCC, a crossed cheque will be issued to schools.



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1

Strawberries are yummy and good for health. They can be eaten raw after being washed. You can also use them to make jam.

2

Watermelons are rich in water. They help relieve heat and quench thirst!

During summer, I like to cut a watermelon into cubes for snacking.

3

If you feel hungry, you can eat a banana to gain back some energy!

Autumn is a good time for hiking.

4

It's so dry in winter. I'll make pear soup for everyone.

Great!

5

Fruit is a healthy and tasty choice for all seasons!