



Suggested Activities

Kindergartens & Child Care Centres

Department of Health
EatSmart@school.hk Campaign
"Joyful Fruit Month" - Suggested Activities for Kindergartens & Child Care Centres

Purpose

The purpose of this event is to impart to pre-school kids the concept of keeping healthy with eating fruit as a lifelong practice, and to make the eating of fruit an easier yet even more enjoyable thing to do, which is to build up the practice of eating fruit.

Activity 1

Title: Sing a Song of Fruit

How to play: Teachers can choose the song below or other fruit-related nursery rhymes with children.

Song 1 : 水果 TWO-A-DAY (Chinese Version Only)

(<https://www.youtube.com/watch?v=9vMoHFNMgR4&feature=youtu.be>)

Lyrics: 太陽與那暑假共舞消暑散熱有咩招數
食個冰凍西瓜加冰菠蘿最好
水果咁多維生素
礦物質纖維也高
快快拋棄煎炸零食你我水果醫肚

食水果 每日兩份有方法
(Hey hey 水果 two-a-day)
成個食或煮餸 總有我想法
(Hey hey 水果 two-a-day)
喺屋企食一個
我出街又帶返個
水果隨時隨地食一個

每次冬季來到天天也會覺得乾燥
去燉個梨湯或焗香蕉也好
水果咁多維生素
礦物質纖維也高
會使你體格強健，少啲病痛不怕衰老

食水果 每日兩份有方法
(Hey hey 水果 two-a-day)
當小食或沙律 總有我想法
(Hey hey 水果 two-a-day)
喺屋企食一個
我出街又帶返個
水果隨時隨地食一個

食佢有益不會錯
病痛通通遠離我
水果隨時隨地食都可

Song2 : 吃水果好健康 (Chinese Version Only)

(<https://www.youtube.com/watch?v=KOBiEJAHpDo&list=PL1188A9802575C33F%20>)

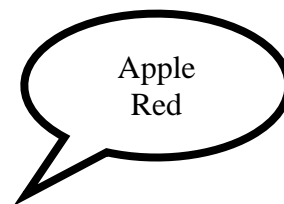
Lyric: 蘋果香蕉啤梨桃
營養豐富纖維高
方便易帶味道好
隨時食，好有益
多汁解渴個個話好
多款水果啱
款式任你揀
強健體魄好簡單
有益健康，你實識揀

Activity 2

Title: Fruit and Colour

How to play: Make use of different pictures of fruit and colour cards for children to make matches and tell the name of fruit and its colour.

For example:



Activity 3

Title: Make My Own Fruit Hat

How to play: Teachers lead children to make fruit hats, which can be put on when eating fruit.

Activity 4

Title: Guess Fruit

How to play: Children put on eye masks, then touch fruit with their hands. Those who guess the fruit right win.

Activity 5

Title: Visit Fruit Stall of Supermarket

How to play: Teachers bring children to supermarket to learn / simulate the buying of children's favourite fruit.