



Suggested Activities for Secondary Schools

Department of Health
'EatSMART@school.hk' Campaign
Joyful Fruit Month - School Fruit Promotion Project
Suggested Activities for Secondary Schools

Aim

“Joyful Fruit Month School Fruit Promotion Project” aims to encourage secondary students to organise school activities under the supervision of teachers. It is hoped that the fruit eating spirit within schools will be lifted to an unprecedented level throughout the “Joyful Fruit Month”.

Below examples are copied from the most popular fruit promoting activities organized in the secondary schools in the past years.

1. Campus exhibition

Topics of exhibition board used:

- Where are the imported fruits coming from
- The health benefits, nutrition value, and characteristics of individual fruit

*For example: **Orange***

- ✧ *Rich in Vitamin C, Potassium, Dietary Fiber, and Carotene*
- ✧ *Prevention of many cancers such as colorectal cancer*
- ✧ *Prevention of heart disease*
- ✧ *Dietary fiber can help constipation*
- ✧ *Reduce the level of cholesterol*



- Healthy ways of eating fruit
- Healthy fruit recipes
- Cold knowledge about Fruit
- Fruit picture and relevant information
- Types and quantity of fruit imported to Hong Kong last year
- How to pick juicy fruits and the tips for their storage

For more fruit information, please visit the “E-Resource” in Joyful Fruit Month website
(https://school.eatsmart.gov.hk/b5/content_joyful.aspx)

2. Fruit Quiz Competition

Most quizzes are about general knowledge, True or False, IQ question and etc.

Example of activities	Introduction
i. General knowledge sample question	<p>■ Examples:</p> <p><i>Which is not an example of “One serving of fruit”?</i></p> <p><i>a. 2 pieces of kiwifruit</i> <i>b. 1 piece of apple or orange</i> <i>c. 1 slice of watermelon</i> <i>d. 1 grain of grape (Answer)</i></p> <p><i>Why it is not recommended to replace whole fruit by fruit juice?</i></p> <p><i>a. Fruit juice contains too much water</i> <i>b. Fruit juice is more expensive</i> <i>c. Fruit juice contains less dietary fibre, also excessive drinking juice may lead to excess sugar consumption (Answer)</i> <i>d. Fruit juice is perishable</i></p>
ii. True or False sample question	<p>■ Examples:</p> <p><i>Fruit is rich in insoluble fibre that helps soften stool and prevent constipation. (T/F)</i></p> <p><i>We can obtain large amount of Vitamin C from fruits (T/F)</i></p>

iii. Quiz for fun
(Chinese sample
only)

水果日 智力謎題
x/x/20xx(一) 水果 IQ 謎題

班別：_____
得分：_____/20

請班長於 x:00pm 前，交往校務處收集箱內

得分最高班別獎品為水果籃，於 x 月 x 日水果日頒發。

填寫合適的水果名稱：

1	七七七格子，八八八格子，九九九重陽，格格有種子	
2	未吃前是綠色，吃下去是紅色，吐出來卻是黑色	
3	看著是酸的，食落先知是甜的	
4	黃包狀，包黑豆，咬一口，甜水流	
5	xxx 老師對大家的祝福：「你哋唔好去死。」	
6	最頻死唔走的生果	
7	一根繩，掛滿棚，開黃花，結桐鈴	
8	我的爸爸	
9	最笨的生果	
10	警察追賊會叫什麼生果？	
11	笑唔死	
12	兩頭翹	
13	靚樹樁	
14	名落孫山	
15	咩生果唔打字？	
16	貪財的人最喜歡什麼生果？	
17	高滑電視，絕對清晰	
18	哪種生果最易種？	
19	是生果名稱，又是顏色	
20	最古怪的生果	

睇吓邊班最叻！

3. Design Competition

Example of activities	Introduction
i. Design of posters, web pages, movies or other media for promotion of fruit.	<p>■ Production of video clips by digital cameras or mobile phones, topics used included 'Fruit day every day, share the gift today', 'Fun moments with fruit' or 'Fruit every day for sure'.</p>

ii. Design of Slogan, Tongue Twister and Riddle.

- *Design a simple application form to collect the slogan, tongue twister or riddle.*

[illegible]

Some excellent examples:

- ✧ 'Yummy berry, small but healthy, easy carry, see a movie.'
- ✧ 'Give you advice, eat fruit with a smile, energy will rise, every day a fruit is wise.'

iii. Fruit recipe and menu design



“Yummy Fruit Cup”



"Baked Chicken with 5 colored fruit & vegetable"

iv. Fruit platter or basket design.



4. Fruit Cooking Competition

Reference Guideline of Fruit cooking competition

A. Objective

B. Target groups

1. Open group:

Subject: XXXXXXXXXXXXX

School teachers, parents, and students are welcome to join. (This group cannot form by students only)

Date: YY/MM/DD

Time: _____

Place: _____

2. Student group_

Subject: Delicious Fruit

F.1 to F.6 students are welcome to join

Date: YY/MM/DD

Time: _____

Place: _____

C. Regulations

1. Each team must be formed by not less than two participants.
2. Entries should be original and an interpretation of the topic chosen by the organiser
3. Name of the recipe cannot be changed once submitted
4. The competition will include a 1–minute oral presentation of the designed recipe stating how it interpret the topic

D. Other Information

1. Application Deadline 20XX/MM/DD, application form has to submit with the designed menu (original and 1 photocopy).
2. Participants must pay for their own material and prepare their menu and dishes. Materials are required to wash and clean before competition. Time is not available for clean and wash during the competition.
3. All materials shall not be modulated before the competition. Fruit or vegetable for decoration purpose cannot carve out in advance. The staff will check all the materials and seasoning before the match.
4. School will provide basic cooking tools. Participants should prepare and bring their special need of supplies. Participants should bring their particular need of supplies. The venue offers the following basic seasonings: corn oil, sugar, salt, pepper, soy sauce, sesame oil, cornstarch, flour. Except corn oil, the participants are limited to use the above seasonings up to 3 table spoons.
5. MSG and ready-made sauces are prohibited to use.
6. Cooking time period cannot exceed _____minutes, or else score will be deducted.

7. *Participants are responsible for cleaning the cooking tools and venue after the competition.*
8. *Competition will take place on_____.*
9. *Competition judges are formed by school teachers and representatives of PTA.*
10. *Awards will be presented (including the Champion, First Runner-up, Second Runner-up).*
11. *Please make photo-copies for more application form requests.*

E. Application Method

1. *The application should be submitted through fax or by post to school on or before YY/MM/DD. Or submit in person to either <name of teacher 1> or <name of teacher 2> before the deadline.*
2. *The maximum team of each group for competition is: <number>, first come - first join!*

F. Judge Criteria

The designed menu should echo to the theme of subject. It will base on the following to score: Nutrition, Creativity, Cooking Skill, Taste and Color.

- ✧ Schools that plan to organise fruit cooking competition or cooking class should use healthy cooking method and avoid using food with high fat, sugar or salt. Details may refer to the Nutritional Guidelines for Catering Activities in Schools (Appendix IV) of **School Healthy Eating Promotion Fund Prospectus**.

5. Other Competitions




Example of activities	Introduction
i. Fruit billboard competition	<ul style="list-style-type: none"> ■ Encourage all students to bring and eat fruit every day. ■ Record students' fruit eating behaviour within a month. If students reach the standard (e.g. bring fruit for diet in at least 4 days per week) can obtain a gift; or ■ Conduct classes' competition. Count the number of students bringing fruit in each class. The class which has the most students bringing fruit will be the winner; or ■ Students bringing fruit to school continuously can obtain gift point which can exchange fruit.
ii. Photography	<ul style="list-style-type: none"> ■ Snap photos of family / friends moments of buying / enjoying fruit.

iii. “Healthy fruit juice making competition”	<ul style="list-style-type: none"> ■ Create a new taste of juice by mixing various fruit juice. ■ Judge by teachers / students to select the most outstanding works .
iv. “Estimate the weight of fruit”	<ul style="list-style-type: none"> ■ Make a fruit basket by various fruit. ■ Estimate the weight of the fruit basket by its appearance.
v. “Read the fruit articles in three languages”	<ul style="list-style-type: none"> ■ Prepare at least two articles about fruit (one in Chinese and one in English). ■ Read the articles in Cantonese, Putonghua and English respectively. ■ Judge by teachers and award the Champion, Second place and third place.
vi. Fruit composition competition	<ul style="list-style-type: none"> ■ After the competition, the best writing can be posted on the exhibition board so that other students can read it too.

6. Booth Game

Examples:

Example of activities	Introduction
i. “Make a guess on what you drink”	<ul style="list-style-type: none"> ■ Mix two to three fruit to prepare a drink. ■ Student needs to guess what fruit are mixed in that drink by its taste.
ii. Fruit Sampling	<ul style="list-style-type: none"> ■ Buy some rare fruit for students to taste.
iii. Operate Fruit Stall / Fruit Outlet	<ul style="list-style-type: none"> ■ Prepare whole fruit or fruit cup and sell at cost price; or ■ Student answers the question about fruit correctly can enjoy to buy fruit at cost price or discounted price.
iv. “Fruit helps memory”	<ul style="list-style-type: none"> ■ Put 5 to 10 fruit cards on the booth ■ Student takes a glance for few seconds, staff covers up the cards ■ Student needs to call out the correct sequence of the cards to win the game.
v. “Fruit Puzzle”	<ul style="list-style-type: none"> ■ Enlarge the fruit picture and cut it into irregular shapes. ■ Student needs to complete the puzzle as fast as they can to win the game

vi. "Pair up the fruit"	<ul style="list-style-type: none"> ■ Prepare two sets of card which printed fruit name and picture respectively. ■ Student needs to pair up the fruit cards to win the game. <div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: center; margin: 0 20px;"> <p>士多啤梨</p> <p>Strawberries</p> </div> <p>(Fruit Card sample)</p> </div>
vii. "Let's pair up the fruit"	<ul style="list-style-type: none"> ■ Student needs to pair up the fruit with the related English vocabulary (e.g. 柚子 and Pomelo) within a specific time. This allows students learn more vocabulary.
viii. "Grab the marbles"	<ul style="list-style-type: none"> ■ Paste the fruit stickers on the marbles. ■ Student needs to use chopsticks to grab the marbles as much as they can to win the game.
ix. "Throw the ball"	<ul style="list-style-type: none"> ■ Staff asks some fruit related questions. ■ Student answers the questions by throwing the ball to a board with different fruit names.
x. "Fruit Exit"	<ul style="list-style-type: none"> ■ Prepare a box and a maze with different holes inside respectively. Identify the holes by different fruit names. ■ Write different fruit names on the ping pong balls, then put them into the box. ■ Student draws a ping pong ball from the box, then put it in the centre of the maze. Shaking the maze to let the ping pong ball rolls into the hole with the same fruit identity as the ball. ■ Complete the game can receive a gift.
xi. Game of Sensation	<ul style="list-style-type: none"> ■ Put different types of fruit (e.g. Apple, orange, banana and Pitaya) into four boxes respectively. ■ Student puts hands inside the boxes to identify the fruit by touching them. ■ Cover Student's eyes. Student needs to identify the fruit by its smell. <div style="display: flex; justify-content: space-around; align-items: center;">   </div>

xii. “Fruit Jenga”	<ul style="list-style-type: none"> ■ Paste the fruit stickers or use other ways to mark the wooden blocks as fruit blocks. Then set up a Jenga tower. ■ Student removes a specific quantity of fruit blocks from the tower can receive fruit as gift. ■ The student removes the most quantity of fruit blocks can receive an additional gift.
xiii. Fruit Party – Fruit Distribution	<ul style="list-style-type: none"> ■ Hold a Fruit Party. Distributed a whole fruit or Fruit Cup to students in order to promote daily fruit eating habit.

7. **Fruit Survey**

- Conduct a survey to investigate teachers' and students' fruit eating habit
- Compare the fruit eating habit before and after they participated the fruit promotion activities

8. **Interest Classes**

- Making of pin-on fruit badge
- Exquisite fruit wax / jelly wax candle making
- Fruit craving
- Bead bric-a-brac of fruit making
- Fruit cooking class
- Planting fruits and vegetables
- Fruit fabric assignments
- Jam making
- Fruit sketching

9. **Morning Assembly**

- Share the information about fruit
- Announce the coming fruit promotion activities

10. **Videos Playing**

- Play the fruit related videos
- Fruit related videos may refer to the “Resource Centre” of Joyful Fruit Month website (https://school.eatsmart.gov.hk/b5/content_joyful.aspx)

11. **Fruit Tour**

- Students were lead by teachers to visit the fruit farm, and hence learn more knowledge about planting fruit.

12. **Book Fair and Bookcrossing**

- Hold a book fair by using the books donated by teachers and students. During the

activity, students can freely read the books and eat fruit

- To echo this activity, school library can display the books related to fruit and healthy life

13. Online Learning Platform

- Through the online platform, students can get the information and then answer the interaction exercise in order to consolidate their knowledge

Reference

衛生署「健康飲食在校園」運動 “EatSmart@school.hk” Campaign, Department of Health
<https://school.eatsmart.gov.hk/b5/index.aspx>

衛生署衛生防護中心 Centre for Health Protection, Department of Health
<https://www.chp.gov.hk>

食物環境衛生署營養資料查詢
Nutrient Information Enquiry, Food and Environmental Hygiene Department
https://www.cfs.gov.hk/tc_chi/nutrient/index.php

香港心臟專科學院 Hong Kong College of Cardiology
<http://www.hkcchk.com/>

香港營養學會 Hong Kong Nutrition Association
<https://www.hkna.org.hk/en>

Special thanks to the schools below for offering reference:

- POK OI HOSPITAL TANG PUI KING MEMORIAL COLLEGE
- THE CHURCH OF CHRIST IN CHINA YENCHING COLLEGE
- THE MISSION COVENANT CHURCH HOLM GLAD COLLEGE
- IMMACULATE HEART OF MARY COLLEGE
- ARTS & TECHNOLOGY EDUCATION CENTRE
- NEW LIFE SCHOOLS INCORPORATION LUI KWOK PAT FONG COLLEGE
- HHCKLA BUDDHIST LEUNG CHIK WAI COLLEGE
- KWUN TONG KUNG LOK GOVERNMENT SECONDARY SCHOOL
- CMA SECONDARY SCHOOL
- TRUE LIGHT GIRLS' COLLEGE
- CARITAS PELLETIER SCHOOL
- PAOC KA CHI SECONDARY SCHOOL
- CHANG PUI CHUNG MEMORIAL SCHOOL
- BUDDHIST WONG FUNG LING COLLEGE
- SHENG KUNG HUI ST. BENEDICT'S SCHOOL
- FORTRESS HILL METHODIST SECONDARY SCHOOL
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- KOWLOON TRUE LIGHT MIDDLE SCHOOL