

衛生署  
「健康飲食在校園」運動  
「開心『果』月」  
幼稚園及幼兒中心活動建議

Department of Health  
“EatSmart@school.hk” Campaign  
“Joyful Fruit Month”

Suggested Activities for Kindergartens & Child Care Centres

目的

活動的目的是向幼童灌輸由年幼至長大都應該恒常吃水果以保持身體健康的觀念，及使吃水果變得更有樂趣，從而培養學生養成進食水果的習慣。

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.





## 活動一 Activity 1

## 唱水果歌 Sing a Song of Fruit



歌曲一  
Song 1

### 水果 TWO-A-DAY (Chinese Version Only)

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

#### 玩法：

老師可選用下列提供的歌曲或其他與水果有關的兒歌與學生一起誦唱。

#### How to play:

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

食水果 每日兩份有方法  
(Hey hey 水果 two-a-day) 成個食或煮燉 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

(<https://www.youtube.com/watch?v=9vMoHFNMG4&feature=youtu.be>)





## 吃水果好健康 (Chinese Version Only)

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

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



## 活動二 Activity 2

## 色彩水果 Fruit and Colour

### 玩法：

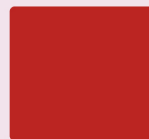
利用不同的水果圖片及顏色咭紙，讓學生們作配對，及說出水果的中英文名稱及其顏色。

### 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.

### 例子：

For example:



蘋果- Apple  
紅色- Red



## 活動三 Activity 3

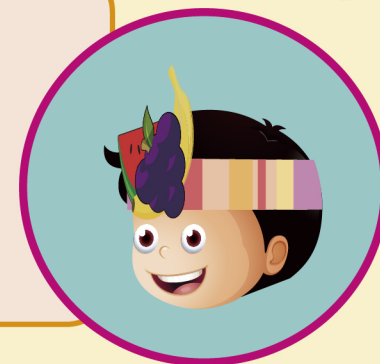
## 製作水果帽 Make My Own Fruit Hat

### 玩法：

老師帶領學生製作水果帽，製成品可在吃水果時戴上。

### How to play:

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



## 活動四 Activity 4

## 猜水果 Guess Fruit



### 玩法：

學生先戴上眼罩，然後用手摸水果，猜對了水果的名稱，便可勝出。

### How to play:

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



## 活動五 Activity 5

## 參觀超級市場的水果售賣部 Visit Fruit Stall of Supermarket



### 玩法：

老師帶領學生到超級市場學習/模擬購買學生喜歡吃的水果。

### How to play:

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

