

December
2022

水果益處多 日日要Encore

Eat Fruits Every Day, Enjoy Benefits All the Way

Review of Joyful Fruit Month 2022

To encourage an adequate daily intake of fruits by students, the Department of Health ("DH") had held the annual "Joyful Fruit Day" since the 2006/07 school year and upgraded the event to "Joyful Fruit Month" in the 2012/13 school year. Despite the disruptions caused by the COVID-19 pandemic, schools continued to provide overwhelming support to the "Joyful Fruit Month" in the 2021/22 school year, with a new record of more than 1,500 participating schools which benefit more than 530,000 students. We would like to extend our sincere gratitude to you all. To revisit the activities organised by schools, you may browse the "School Activity Photo Gallery" on the "Joyful Fruit Month" website



Joyful Fruit Month 2023 - Eat Fruits Every Day, Enjoy Benefits All the Way



The DH will organise the "Joyful Fruit Month" in April 2023. The previous school year's slogan "Eat Fruits Every Day, Enjoy Benefits All the Way" will continue to be adopted as the slogan, with the aim of further promoting the message of "daily fruit intake is essential for good health". To enjoy free delivery of materials from mid-January to the end of February 2023, schools can fill in and submit the **reply slip or enrolment form** of the "Joyful Fruit Month" on or before 31 December 2022.

Participation Arrangement for "Joyful Fruit Month"

Schools that participated in the "Joyful Fruit Month" in the 2019/20 school year onwards will be automatically included in the "List of Participating Schools". Schools' participation in the "Joyful Fruit Month" will be automatically renewed every school year. Re-enrolment is not required. Schools simply need to fill in the reply slip to obtain materials for organising activities. For newly participating schools, please submit the filled **enrolment form** to the "Joyful Fruit Month" Secretariat via fax (2772 2060) or email (joyfulfruitmonth@dh.gov.hk).



Activity Promotion



Activities for Kindergartens and Child Care Centres

The “Joyful Fruit Month” designed brand new fruit glasses and hats for pre-primary institutions this school year. Teachers can invite students to put them on during fruit promotion activities. Bringing the atmosphere to its climax, students can listen to the “Fruit Song” (that is the “Joyful Fruit Month” theme song) while having fruits to share the joy of eating fruits together.



Activities for Primary and Special Schools

Let's do magic! With a pair of skillful hands, students can fold the kiwi fruit and hami melon 3D paper fruit boxes that are newly launched this year. Teachers can also request other activity materials such as “Fruit & Veggie Race”, colouring worksheets, tongue twister challenge and English crossword puzzles to organise fruit promotion activities.



“School Fruit Promotion Project” for Secondary Schools

Showing great enthusiasm on enrolment every year, the “School Fruit Promotion Project” has been well-received by secondary schools. Under teacher’s supervision, students can make good use of health education materials of the “Joyful Fruit Month” in a flexible manner to design a diverse range of school-based fruit promotion activities. These activities include “Campus Fruit Party”, “Fruit Quiz Competition”, booth games, preparation of exhibition panels and fruit cooking classes. Each participating secondary school can apply through the DH for subsidies from the “School Healthy Eating Promotion Fund” (Fund) provided by the Hong Kong College of Cardiology. An eligible secondary school can receive sponsorship up to a maximum of HKD\$2,000, including a maximum of HKD\$1,600 for purchasing fruits. The application deadline for the Fund is 31 December 2022. Places are limited so please apply now!



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1

The vitamins, minerals and other nutrients in fruits work together to reduce our risks of having chronic diseases. Meanwhile, fruits are rich in dietary fibre that helps to prevent constipation and promote gut health!

2

What a good question! Indeed, fruits in different colours contain different nutrients. We can obtain comprehensive nutrients through eating a variety of fruits in different colours.

There are so many fruits. Which one should we choose?

That's very interesting! Can you give us some examples please?

3

Orange or yellow fruits such as orange and mango are generally rich in β -carotene that promotes healthy vision.

Fruits in purple or blue such as blueberry and purple grape contain anthocyanin (one of the antioxidants) that reduces the risk of stroke and heart diseases.

4

Aren't we very smart and healthy if we eat fruits in different colours every day?

Besides, kiwi fruit, guava and orange are rich in vitamin C that boosts immunity.

Yes, you're right! Remember to eat at least 2 servings of fruit every day!

**"Eat Fruits Every Day,
Enjoy Benefits All the Way"!**