

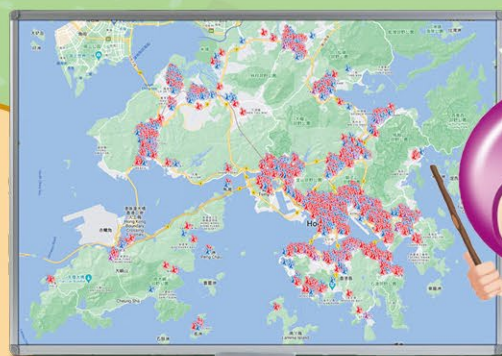
## 水果益處多 日日要Encore

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

February  
2023

### The Latest Enrolment

Thanks to the widespread support from schools, a record-breaking number of over 1,500 schools have enrolled for this year's "Joyful Fruit Month", with the number of participating students exceeding 530,000. For details of the participating schools, please refer to the **List of Participating Schools & School Map** on the "Joyful Fruit Month" website. Schools which are yet to sign up for the "Joyful Fruit Month" can submit the **enrolment form** to us and obtain materials for organising activities **on or before 30 April 2023**.

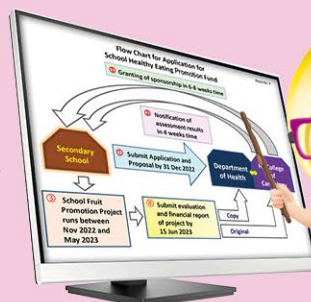


### Delivery Arrangement of "Joyful Fruit Month" Materials

Schools signing up or submitting reply slip **on or before 31 December 2022** will receive the requested materials by the end of February 2023. Schools are reminded to check the materials upon receiving the delivery. Schools can call the "Joyful Fruit Month" Secretariat within 30 days after the receipt of materials should they have any problems.

### School Fruit Promotion Project for Secondary Schools – Application for "School Healthy Eating Promotion Fund"

The School Fruit Promotion Project aims to encourage secondary schools to form a working committee so that students can make use of the "Joyful Fruit Month" health education materials to organise a diverse range of fruit promotion activities under teachers' guidance. By doing so, teachers and students can develop the habit of eating fruit. Over the years, the participating secondary schools have received sponsorship from the "School Healthy Eating Promotion Fund" (Fund) established by the Hong Kong College of Cardiology (HKCC). The quota for application in this school year has been filled and the application period for the Fund has ended on 31 December 2022. For schools that have already filed an application and granted the sponsorship, please submit **the evaluation and financial reports (Appendix II)** along with the original set of relevant documents (including a balance sheet detailing all actual expenses and original copies of all receipts) by post to the HKCC and the copies to the "Joyful Fruit Month" Secretariat of the Department of Health by post, fax or email by **15 June 2023**. The reimbursement will be made upon approval by the HKCC.







## Recommended Activities for "Joyful Fruit Month"

### Activities for Kindergartens and Child Care Centres

We would like to express our gratitude to schools' support once again. We have continued to keep various popular activities from the previous years, including the "Fruit Colouring Game", "Fruit Diary Card Award Scheme" and "Vote for My Favourite Fruit". Offering teachers, students and parents a refreshing experience, part of the activity materials have been freshened up with new designs. Separately, brand new handicraft fruit glasses and hats are prepared in this school year for a more enjoyable atmosphere when organising activities.



### Activities for Primary Schools & Special Schools



Honeydew melon and kiwi fruit have been added this year as two new members of the handicraft fruit boxes, an activity which have always been loved by students. The "Fruit Colouring Game" has also been redesigned so that students can continue to unleash their creativity. Other activities include tongue twister challenge and crossword puzzles. Schools can request activity materials from the "Joyful Fruit Month" Secretariat by submitting the **reply slip or enrolment form**. Schools can also download the **promotional and educational materials** and browse other **E-resources** from the "Joyful Fruit Month" website.



### Sharing School Activity Photos of "Joyful Fruit Month"

To share the joy of organising "Joyful Fruit Month" activities with the public, we have set up an online platform named the **School Activity Photo Gallery** for schools to share the photos. We would like to invite schools to capture some great moments in fruit promotion activities. Photos can be sent to the "Joyful Fruit Month" Secretariat by email for creating a school activity photo gallery. For details, please visit the "Joyful Fruit Month" website or contact the Secretariat.







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1

Do you know what are seasonal fruits?

Are they the fruits in season? For example, watermelon is the most common fruit eaten in summer as it contains lots of water and therefore an excellent thirst-quencher that provides a cooling effect.

2

You're so smart! Do you know which fruit partners well with autumn and winter?

It must be the pear that I'm holding!

3

You're right! Besides containing potassium, water and insoluble fibre, pears serve the moisturising purpose that replenishes water for our skin and body during dry autumns.

That's so interesting! Seasoning fruits can cater to our needs during different seasons!

4

We can also add seasonal fruits in our dishes, such as boiling the pork shank soup with apple and pear. While the soup helps moisturising our body during autumn and winter, the fruits in the soup are also rich in dietary fibre that promote gut health!

That's awesome! We'd like to try as well!

5

Both of you like eating fruits!

It's because  
"Eat Fruits Every Day,  
Enjoy Benefits All the Way"!