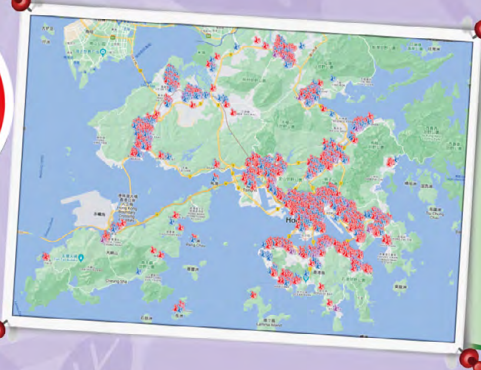




水果益處多 日日要Encore

Eat Fruits Every Day, Enjoy Benefits All the Way



The Latest Enrolment



The “Joyful Fruit Month” has been well received by teachers and students since its launch. Over 1,600 schools have enrolled the “Joyful Fruit Month” for this school year, with the number of participating students exceeding 550,000. For details of the participating schools, please refer to the **List of Participating Schools & School Map** on the “Joyful Fruit Month” website. Interested schools can still submit the **enrolment form and obtain materials** for organising activities **on or before 30 April 2023**.

Promotional & Educational Materials

The Fruit Family has been striving to encourage teachers and students to cultivate the habit of eating fruits. You can visit the **Clip Art Gallery** on the “Joyful Fruit Month” website to download the drawings of Fruit Family characters. Teachers and students can apply them to your teaching and learning materials. Apart from drawings of the Fruit Family characters, you can also download other publicity materials and educational tools on fruits. Teachers and students are welcomed to make use of these resources in designing more fruit promotion activities.



Fruit Comic Series

The “Joyful Fruit Month” produces a series of **Fruit Comic**. Let's read some interesting stories about the Fruit Family and find out more trivia about fruit in this section.





Recommended Activities for "Joyful Fruit Month"



Fun Fruit Quiz

Let's take up the challenge! No matter you are at school or at home, you can visit the "Joyful Fruit Month" website to test your knowledge on fruits and see how many questions you can answer correctly! For more information on fruit and nutrition, you may also refer to the **Nutritional Facts of Fruit**.

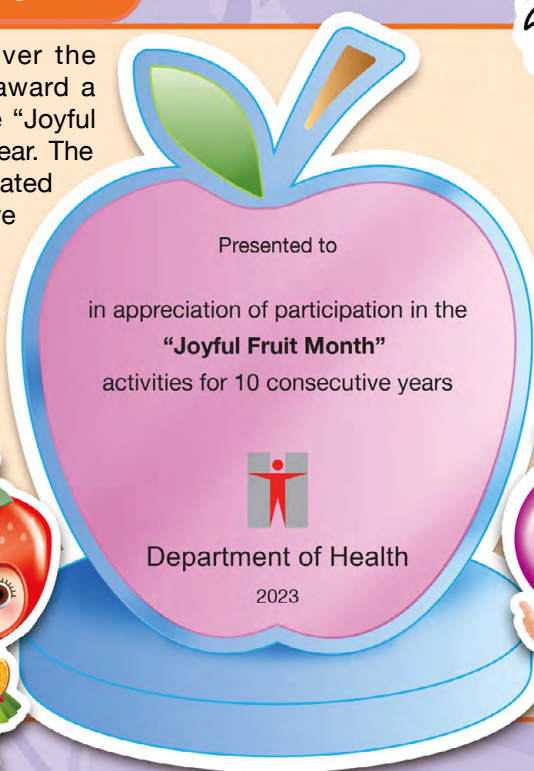


E-certificates of "Joyful Fruit Month"

The newly designed **e-certificates** are now available for download! The password for initiating the E-Certificate Printing Programme will be sent to the teachers-in-charge by email this month. After entering the password into the Programme, teachers can prepare certificates of commendation. The certificates can be presented to students who have actively participated in the activities of the "Joyful Fruit Month" as a means of encouragement. To familiarise yourself with the installation procedures, don't forget to download the E-Certificate Printing Guideline beforehand.

Trophy for "Joyful Fruit Month"

In recognition of schools' support over the years, the Department of Health will award a trophy to all schools participating in the "Joyful Fruit Month" for the tenth consecutive year. The design of our trophy has also been updated this year. Eligible schools will later receive a notification regarding the collection arrangement.



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It's the school's Spring Picnic tomorrow. Do remember to prepare healthy food for sharing!



Spring Picnic



Let's bring fruits! Besides easy-to-carry, fruits are good for health. Fruits are rich in dietary fibre that helps to stabilise blood sugar and prevent constipation!



It's the Spring Picnic tomorrow. What kind of healthy food should I bring?



Fruits have numerous benefits such as rich in vitamin C. Vitamin C helps to promote growth and repair of cells, as well as strengthen immunity!



Let's share!



The recommended fruit intake for different age groups varies. For example, children aged 2 to 5 should have at least 1 serving of fruit per day, while children aged 6 or above should have at least 2 servings of fruit per day. You are reminded not to eat fruits with high fat content daily such as coconut, durian and avocado.

Is eating one serving of fruit per day enough for us?



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

