

Department of Health
“EatSmart@school.hk” Campaign
Joyful Fruit Month 2025
Kindergartens & Child Care Centres
“Fruit Diary Card” Award Scheme Activity Guidelines

Each “Fruit Diary Card Award Scheme” activity kit contains

<p>✧ Poster for Fruit Diary Card Award Scheme (1 for each class)</p> 	<p>✧ Fruit Stamp</p> 
<p>✧ Fruit Diary Card (1 for each pupil)</p> 	<p>✧ Fruit Diary Sticker (1 for each pupil)</p> 

Activity details:

- ✧ The Department of Health (DH) specially designs a “Fruit Diary Card” Award Scheme for kindergartens & child care centres to enhance the awareness and habit of fruit eating among children.
- ✧ The activity period lasts for not less than 28 days during which the participant schools can customise implementation dates at their disposal.
- ✧ Pupils should be distributed with Notice to Parents, “Fruit Diary Cards” and “Fruit Stickers”. Parents are encouraged to use the “Fruit Stickers” as reward for their children’s consumption of fruit. The template of “Notice to Parents (Template)” can be downloaded from the Joyful Fruit Month webpage.
- ✧ Participant schools can post up the “Fruit Diary Card Award Scheme Posters” provided by DH in classrooms and check the “Fruit Diary Cards” once a week. If a pupil is found to have eaten fruit for 7 days consecutively in the past week, he/she can be rewarded by putting stamps on the poster. For example, pupils who have eaten fruit every day in the past week will receive 7 stamps, pupils who have eaten fruit for 6 days will receive 6 stamps, and so on.

- ✧ Upon completion of the activity, the schools may collect the “Fruit Diary Card Award Scheme Posters” from various classes and then compute the overall statistical results using the following formula:

$$\frac{\text{Total no. of stamps on all the posters in the school}}{\text{Total no. of pupils in the school} \times \text{No. of activity days}} \times 100\%$$

<p>Example 1:</p> <ul style="list-style-type: none"> ➤ Total no. of stamps on all posters in the school is 2 800 ➤ Total no. of pupils is 100 ➤ No. of activity days: 28 <p>Statistical result:</p> $\frac{2800}{100 \times 28} \times 100\%$ <p>= 100%</p>	<p>Example 2:</p> <ul style="list-style-type: none"> ➤ Total no. of stamps on all posters in the school is 2 000 ➤ Total no. of pupils is 100 ➤ No. of activity weeks: 28 <p>Statistical result:</p> $\frac{2000}{100 \times 28} \times 100\%$ <p>= 71%</p>
---	---

- ✧ Please refer to the reply slip template below and email the statistical result to joyfulfruitmonth@dh.gov.hk **on or before 15 May 2025 (Thursday)**.
- ✧ Schools that have statistical result of 75% or above will be recognised on the Joyful Fruit Month webpage by the DH. They may present certificates of appreciation (downloadable from the webpage) or other awards to pupils who met the activity requirement for encouragement.

Reply Slip Template

Email Address: joyfulfruitmonth@dh.gov.hk

Statistical Result of “Fruit Diary Card Award Scheme 2025”

Name of Kindergarten & Child Care Centre: _____

District: _____

Contact Person: _____ Telephone: _____

Statistics Period: From _____ to _____ total: _____ days

Statistical Result: _____ %