

衛生署「健康飲食在校園」運動 「開心蔬果月」幼稚園及幼兒中心活動建議

Department of Health "EatSmart@school.hk" Campaign "Joyful Fruit & Veg Month"
Suggested Activities for Kindergartens and Child Care Centres



目的

活動旨在向幼童灌輸「從小到大均應恆常進食蔬果以保持身體健康」的觀念，令吃蔬果變得更有樂趣，從而讓幼童養成進食蔬果的習慣。

PURPOSE

The event aims to instill the concept that "fruit and vegetables should be consumed regularly from childhood to adulthood to keep us healthy" into young children, and to make the consumption of fruit and vegetables more enjoyable, thereby helping young children develop the habit of eating fruit and vegetables.



活動一 Activity 1

名稱：唱兒歌
Name: Sing a Song

玩法：老師可選用下列歌曲或其他與蔬菜 / 水果有關的兒歌，與學生一起誦唱。

How to play: The teacher may choose the songs below or other nursery rhymes related to fruit/vegetables and chant with students.

歌曲一
Song 1

水果TWO-A-DAY

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

食水果 每日兩份有方法 (Hey hey 水果 two-a-day)
成個食或煮餸 總有我想法 (Hey hey 水果 two-a-day)
係屋企食一個 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)
係屋企食一個 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

www.youtube.com/watch?v=9vMoHFNMG4&feature=youtu.be

歌曲二
Song 2

吃水果好健康

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

多款水果咁
款式任你揀

強健體魄好簡單
有益健康 你實識揀

www.youtube.com/watch?v=aKSSPTt58VU

活動二 Activity 2

名稱：七彩蔬果

Name: Colourful Fruit and Vegetables

玩法：利用不同蔬果的圖片和相應的顏色咭紙，讓學生進行配對，說出水果或蔬菜的中文及/或英文名稱和顏色。

How to play: Let students match the images of different fruit and vegetables with the corresponding colour cards. Let them name the fruit/vegetables in Chinese and/or English and tell the colours at the same time.

例子：
For example:



紅色 - RED
蘋果 - Apple
蕃茄 - Tomato



名稱：製作蔬果帽

Name: Making My Own Fruit and Vegetable Hat

玩法：由老師帶領學生製作蔬果帽，製成品可在享用蔬果時戴上。

How to play: The teacher will guide students through the process of making fruit and vegetable hats, which can be worn while enjoying fruit and vegetables.

活動三 Activity 3



活動四 Activity 4

名稱：「猜蔬果」

Name: "Fruit and Vegetables, Make a Guess"



玩法：學生先戴上眼罩，然後徒手觸摸蔬果，成功猜中蔬果為之勝出。

How to play: Students first put on eye masks and then touch the fruit and vegetables with their bare hands. Those who make right guesses win.



名稱：參觀超級市場的蔬果售賣部

Name: Visiting the Fruit and Vegetable Section of a Supermarket

活動五 Activity 5

玩法：由老師帶領學生到超級市場，學習 / 模擬購買喜愛的蔬果。

How to play: The teacher will lead students to a supermarket to learn/role-play how to purchase their favourite fruit and vegetables.

