

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 children, and to make the consumption of fruit and vegetables more enjoyable, thereby helping children develop the habit of eating fruit and vegetables.

Activity 1

Title : "Tongue Twister Challenge"

Equipment:

The challenge card provided by the Department of Health
(download link: school.eatsmart.gov.hk/en/content_joyful.aspx?id=6332).

How to play:

1. The competition is divided into two categories, namely the Junior Primary Category (Primary 1 to 3) and the Senior Primary Category (Primary 4 to 6).
2. The teacher may introduce this activity in the morning assembly and invite students to read aloud the tongue twisters during recess or lunch time.
3. Those who can read aloud the tongue twisters clearly within a time limit shall be deemed successful. A small gift will be awarded.



Activity 2

Title : The Fruit and Vegetable Legend

Equipment:

1. Images of 20 different kinds of fruits
2. Images of 20 different kinds of vegetables

How to play:

1. Divide the participants into four groups (depending on the number of participants). Select three representatives (A, B, C) from each group.
2. A proceeds to the gathering point where the host is. The host will show two images of fruits and two images of vegetables in order during each round.
3. After looking at the four images within the 20-second time limit, A shall immediately tell B the names of the four fruits and vegetables in order.
4. B shall introduce/describe the fruits and vegetables to C in order from memory. He/she can only describe the features of the fruits and vegetables without directly naming them.
5. C must correctly name one of the fruits and vegetable within 20 seconds (i.e. name all four fruits and vegetables within 80 seconds).
6. Each correct guess within 20 seconds shall carry one point.
7. Once score counting is completed, move on to the three representatives of another group for the next round.
8. The group with the highest score wins.



Activity 3

Title : Fruit and Vegetable Thematic Learning Initiative

Equipment:

1. Paper / cardboards
2. Colours, staplers, adhesive tapes, glue



How to play:

1. The teacher will assign one fruit/vegetable to each student as the theme.
2. Each student needs to study the information of the selected fruit/vegetable and prepare a vivid and interesting three-dimensional teaching diagram/model.
3. After finishing the three-dimensional teaching diagram/model, each student shall use it to present the fruit/vegetable to their classmates in class.
4. The teacher will rate students' performances based on the designs and the presentations.
5. The student with the highest score will be awarded a small gift.



Activity 4

Title : “Fruit and Vegetable Marksman” (Throwing Bean Bags)

Equipment:

1. One big cardboard on which a fruit and vegetable platter is drawn
2. 20–30 images of fruit and vegetables as ballots
3. 12 bean bags

How to play:

1. Divide the participants into four groups.
2. Each group will send at most three representatives to play the game.
3. Each representative shall draw a ballot (an image of a fruit/vegetable) as the target and take a bean bag.
4. The representatives will take turns to throw the bean bag. Those who successfully hit the target will score one point.
5. The group with the highest score wins.



Others Activities

The school may promote fruit and vegetables along with interest classes, for example:

1. Fruit and Vegetable DIY Workshop — Making Fruit and Vegetable Salads or Smoothies
2. Planting on Campus
3. Creating Art — Fruit and Vegetable Carving or Collage



Reference for senior primary students:

Centre for Health Protection, Department of Health

<https://www.chp.gov.hk>

“EatSmart@school.hk ” Campaign, Department of Health

<https://school.eatsmart.gov.hk>

Hong Kong College of Cardiology

<https://www.hkcchk.com>

Hong Kong Nutrition Association

<https://www.hkna.org.hk>

Nutrient Information Enquiry, Centre for Food Safety,
Food and Environmental Hygiene Department

<https://www.cfs.gov.hk/english/nutrient/>

