

Suggested Activities for Secondary Schools

Purpose

“Joyful Fruit & Veg Month” School Fruit and Vegetable Promotion Project aims to encourage secondary students to utilise their creativity and organise one or more in-school activities for promoting fruit and/ or vegetables under the supervision of a teacher. The goal is to boost the fruit and/ or vegetable intake among teachers and students.



The following are some examples of in-school activities for promoting fruit and vegetables:

1. Designing Bulletin Boards or Mobile Display Boards

Some common topics for bulletin boards or mobile display boards are:

- Fruit and/or vegetables from different countries
- The health benefits, features and nutritional values of fruit and/or vegetables

For example: Orange

- Rich in vitamin C, potassium, dietary fibre and carotene
- Helps prevent many cancers such as colorectal cancer
- Helps prevent heart diseases
- Dietary fibre helps relieve constipation
- Lowers cholesterol levels



- How to eat fruit and/or vegetables healthily
- Healthy eating thematic book display
- Trivia of fruit and/or vegetables
- Fruit and/or vegetables: images and relevant information
- Types and quantities of fruits and/or vegetables imported to Hong Kong over the past year
- Tips for buying and storing fruit and/or vegetables

For more information about fruit and vegetables, please visit the “E-Resource” on the “Joyful Fruit & Veg Month” website (https://school.eatsmart.gov.hk/en/content_joyful.aspx).

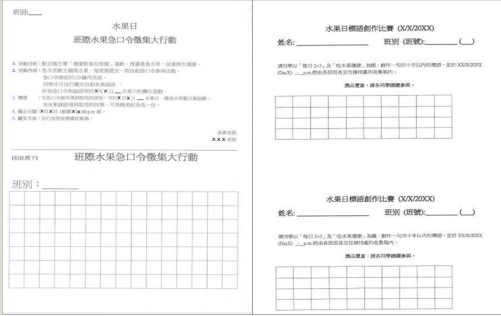
2. Fruit and Vegetable Quiz Competition

Some common question types for a quiz competition are general knowledge questions, true or false questions and brain teasers.

Question type	Introduction
i. General Knowledge Questions 	 Examples: Which of the following is not an example of “one serving of fruit”? - Two kiwis - One apple or orange - One slice of watermelon - One grape (correct answer) Since some _____ are quite high in carbohydrates, they are not categorised as vegetables. - Fruiting vegetables - Starchy root and stem vegetables (correct answer) - Mushrooms - Leafy vegetables 
ii. True or False Sample Question	 Examples: Fruit is rich in insoluble fibre, which helps soften stool and prevent constipation. (True/False) We can obtain potassium from vegetables. (True/False)
iii. Brain Teasers	 Examples: - What is a ghost’s favourite fruit? (BOO–berry) - What fruit never wants to be alone? (Pear) 



3. Creative or Design Competitions

Activity example	Introduction
i. Making Promotional Posters, Web Pages, Videos or Works in Other Media Formats ii. Drafting Slogans, Catchphrases, Tongue Twisters, Riddles or Creative Sentences 	Example: Making videos (with a digital camera or a mobile phone), with “Enjoy Vegetables, Enjoy the Variety”, “Fun Moments with Fruit” or “Fruit Every Day for Sure” as the topic. One only needs to design a simple application form to collect students’ works.  Some examples of tongue twisters:  Lovely little lemons, lively green limes, Loaded with vitamin C all the time. They fight off the sniffles, they chase colds away, Lemons and limes keep you lively all day!  Sally spins spinach in soups with delight, Spinach makes superheroes strong overnight! Spinach is stuffed full of iron and might, Soaring with spinach, you’ll shine oh-so-bright!  Very vibrant vegetables, vivid and bright, Fill kids with vitamins morning and night. From carrots to broccoli, spinach to peas, Veggies bring health with power and ease!
iii. Designing Fruit and/or Vegetable Menus or Recipes	Examples:  a. Yummy Fruit Cup  b. Baked Chicken with Five-Colour fruits and Vegetables 
iv. Designing Fruit and Vegetable Platters or Baskets 	Examples: Designing exquisite fruit and vegetable platters or baskets with various kinds of fruits and vegetables   

4. Fruit and Vegetable Cooking Competition



Guidelines Template for a Fruit and Vegetable Cooking Competition

A. Purpose

It is proven that an adequate intake of fruit and vegetables can reduce the risk of developing various chronic diseases (e.g. heart diseases, stroke and certain cancers). The Department of Health (DH) recommends that adolescents aged 12 or above and adults consume two servings of fruit and three servings of vegetables daily to achieve a balanced diet. In response to the “Joyful Fruit & Veg Month” under the “EatSmart@school.hk” Campaign of the DH, participants are required to utilise their creativity and create a nutritious and delicious dish with at least one type of fruit or vegetable (any type) as the main ingredient. This allows the participants to explore different ways to cook fruit and vegetables, helping students develop the habit of eating fruit and vegetables and put healthy eating into practice in their daily lives.



B. Categories

1. Open Category

Theme: _____

Target: School teachers, parents, alumni and students

(A team must not be formed by two students)

Date: YYYY/MM/DD (<Day of the week>/Day X)

Time: _____

Location: _____

2. Student Category

Theme: Delicious Fruit / Fantastic Vegetables

Target: S.1 to S.6 students of the school

Date: YYYY/MM/DD (<Day of the week>/Day X)

Time: _____

Location: _____



C. Rules

1. Each team must consist of two participants.

For the Open Category, a team must not be formed by two students.

2. Participants must design a recipe according to the theme specified.
3. At the time when the application is submitted, each team must specify the name of the dish, which cannot be changed afterwards.
4. Each team must give a one-minute oral presentation on why the dish is in line with the theme for the category.



D. Points to Note

1. The deadline for application is YYYY/MM/DD (further applications will not be accepted once quotas are exhausted; see Part E for the number of quotas). The application form must be submitted together with the recipe in duplicate.
2. Participants must prepare the ingredients on their own expenses. They must also prepare their own recipes, aprons and serving utensils. The ingredients must be cleaned and washed beforehand. No preparation time is allowed on the day of the competition.
3. All foods must not be treated beforehand. Even the fruit or vegetables for decoration must not be carved or cut beforehand. Staff members will check all the ingredients and seasonings brought by the participants before the competition.
4. Basic kitchenware will be provided by the school. Participants should prepare the special tools they need. The following basic seasonings are available at the venue: corn oil, sugar, salt, pepper, soy sauce, sesame oil, cornstarch, flour. Each team can only use not more than three tablespoons of each type of the aforesaid seasonings (except for corn oil).
5. No MSG or ready-made sauces are allowed.
6. The cooking time limit is ____ minutes. Point(s) will be deducted for cooking overtime.
7. Members of each team must clean the kitchenware and the venue by themselves after the competition.
8. The judging panel will be formed by school teachers and committee members of the parent-teacher association.
9. There will be a champion, a 1st runner-up, a 2nd runner-up and the best oral presentation award for each category. Winners shall be awarded a gift.
10. Please make copies in case of insufficient application forms.

E. Application Method

1. Please submit the completed application form by fax or post to the school (for postal delivery, the date of delivery is based on the postmark date of the post office), or to <name of teacher 1> or <name of teacher 2> in person on or before YYYY/MM/DD.
2. There are XX quotas for each category. Applications are considered on a first-come, first-served basis. The lists of participants for the Open Category and the Student Category will be announced on YYYY/MM/DD.

F. Judging Criteria

- The dishes must be in line with the theme(s) of the competition.
- The judging panel will rate the dishes on the aspects of nutrition, creativity, cooking skills, taste and colours.

When organising a fruit and vegetable cooking competition or an interest class, healthy cooking methods should be used, while ingredients high in fat, sugar or salt should be avoided. For details, please refer to Appendix IV “Nutritional Guidelines for Catering Activities in Schools” of the School Healthy Eating Promotion Fund Prospectus.





5. Competitions in Other Formats



Activity example	Introduction
i. "Fruit and Vegetable Roll of Honour"	- Encourage students to bring fruit and vegetables to eat at school every day. - Make a record of the number of times when students bring fruit and vegetables to eat at school in a month. Those who reach the target (e.g. four days per week) will be awarded a gift; or - Hold an inter-class competition. Count the number of students bringing fruit and vegetables to eat at school in each class. The class with the most students bringing fruit and vegetables to eat at school wins; or - Students who keep bringing fruit and vegetables to eat at school will be awarded points, which can be exchanged for gifts such as stationery, fruit or vegetables.
ii. Photo Contest	Students shall take photos of themselves buying/enjoying fruit and/or vegetables together with their family members/friends.
iii. Healthy Fruit and Vegetable Blend Making Competition	- Make special and delicious blends from various fruits and vegetables. - The entries will be judged by teachers/students for choosing the outstanding ones.
iv. Fruit and Vegetable Weight Guessing Contest	- Make fruit and/or vegetable baskets with various kinds of fruits and/or vegetables. - Participants shall guess the weights of the fruit and/or vegetable baskets by observation.
v. Fruit and Vegetable Essay Trilingual Recitation Competition	- Prepare at least two essays about fruit and/or vegetables (one in Chinese and one in English). - Students shall recite the essays in Cantonese, Putonghua and English, respectively. - The teacher will rate students' performances and choose the champion, the 1st runner up and the 2nd runner up.
vi. Fruit and Vegetable Essay Writing Competition	Post the winning essays on the notice board for other students to read after the competition.





6. Booth Games

Some examples of booth games are as follows:



Activity example	Introduction
i. "What Are You Drinking?"	- Prepare a blend from two to three fruits and vegetables for participants to taste. - Participants have to guess the content of the blend.
ii. Fruit and Vegetable Tasting	Buy some fruits and vegetables rare in the market for participants to taste.
iii. Operating a Fruit and Vegetable Stall/Outlet	- Buy whole fruit and vegetables or make fruit and vegetable cups for participants to purchase at cost prices; or - Each participant has to answer a question about fruit and vegetables to purchase the items at discounted prices.
iv. "Fruit and Vegetable Memory-Boosting Station"	- Arrange five to ten different fruit and vegetable cards. - Let participants have a glance for a few seconds and then cover the cards. - Participants have to tell the correct order of the cards.
v. "Fruit and Vegetable Puzzles"	Enlarge the images of fruit and vegetables and cut them into irregular shapes for participants to compete in a puzzle race.
vi. "Fruit and Vegetable: Drag and Match"	- Prepare two sets of cards, one with the names of fruits and vegetables and one with their images, both with their back side facing up. - Those who successfully drag a name card and a matching image card win. (Sample images of the fruit and vegetable cards)
vii. "Pairing up Fruit and Vegetable"	Those who successfully match the Chinese names of fruits and vegetables with their English names (e.g. 柚子 and Pomelo, 青瓜 and Cucumber) within a time limit win.
viii. "Grabbing Marbles"	- Put fruit and vegetable stickers on marbles. - Those who grab the greatest number of marbles with chopsticks win.



6. Booth Games



Activity example	Introduction
ix. "Throwing Balls"	- Staff members will ask participants some questions related to fruit and vegetables. - Participants have to answer the questions by throwing the balls to the spots where with the names of the corresponding fruits and vegetables are written on the display boards.
x. "Fruit and Vegetable: Finding an Exit"	- Prepare a box and a maze. - Write down the names of different fruits and vegetables on Ping-Pong balls, and then put them into the box. - A participant shall draw a Ping-Pong ball from the box, place it at the centre of the maze, and shake the maze until the ball rolls into the hole written with the corresponding fruit or vegetable name. - Those who successfully complete the game will be awarded a gift.
xi. "Sensory Contest"	- Place different types of fruits and vegetables (e.g. apple, banana, tomato and pumpkin) into four boxes, respectively. - Participants shall put their hands inside the boxes to identify the fruits and vegetables by touching them; or - Participants, who are blindfolded, shall identify the fruits and vegetables by smelling them.
xii. "Fruit and Vegetable Jenga" 	- Mark certain wooden blocks as fruit and vegetable blocks with fruit and vegetable stickers or in other ways, and then arrange the wooden blocks by setting up a Jenga tower. - Participants have to remove the fruit and vegetable blocks from the tower. Those who successfully remove a specific number of fruit and vegetable blocks will be awarded a fruit or a vegetable as a gift. - Those who successfully remove the greatest number of fruit and vegetable blocks will be awarded an extra gift.
xiii. "Fruit and Vegetable Party: Distributing Fruit and Vegetables"	Organise a fruit and vegetable party and distribute whole fruits and vegetables or pre-made fruit and vegetable cups to participants for promoting the consumption of fruit and vegetables.

7. Questionnaire Surveys

- 🍊 Conduct a questionnaire survey to investigate the consumption of fruit and vegetables among teachers and students.
- 🍊 Conduct a questionnaire survey both before and after the activity for promoting fruit and vegetables. This allows one to find out the changes in the habit of consuming fruit and vegetables among teachers and students.



8. Interest Classes

- 🍌 Making fruit badges
- 🍌 Making gel wax/jelly candle fruit accessories
- 🍌 Fruit carving
- 🍌 Making beaded fruit bric-a-brac
- 🍌 Fruit and vegetable cooking class
- 🍌 Planting fruit and vegetables
- 🍌 Making fruit-themed fabric crafts
- 🍌 Making jam
- 🍌 Sketching fruit



9. Sharing Information in the Morning Assembly

- 🍎 Share health information about fruit and vegetables.
- 🍎 Publicise the upcoming school activities for promoting fruit and vegetables to students.

10. Playing Videos



- 🥕 Play publicity videos related to fruit and vegetables.
- 🥕 Please refer to the publicity videos in the “Resource Centre” of the “Joyful Fruit & Veg Month” website (https://school.eatsmart.gov.hk/en/content_joyful.aspx).

11. Visiting a Fruit and Vegetable Farm

- 🍆 The teacher shall lead students to visit a fruit and vegetable farm for them to acquire more knowledge such as the process of planting fruit and vegetables.

12. Health Thematic Book Display and Book Crossing

- 🍆 Allow students to freely take and read the books donated by teachers and other students while enjoying fruit.
- 🍆 The school library may also display books related to the themes of fruit and vegetables and health in response to the activity.



13. Fruit and Vegetable Fun Quiz

- 🍌 Let students preview the learning resources on the website and then finish the interactive exercise to consolidate their knowledge through the online learning platform (https://school.eatsmart.gov.hk/en/quiz_main.aspx).



Reference

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/>

