

急口令大比拼

Tongue Twister Challenge

活動簡介 Description

比賽分為初小組（小一至小三）和高小組（小四至小六）。老師可在早會時段介紹此活動，邀請學生在小息或午膳時間朗讀急口令。學生如能在限時內清楚地朗讀急口令，即視為挑戰成功。

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). Teachers may introduce this activity in the morning assembly and invite students to read aloud the tongue twisters during recess or lunch time. Those who can read aloud the tongue twisters clearly within a time limit shall be deemed successful.

(只備中文版 Chinese Only)

活動目的 Objectives



提升學生進食蔬果的興趣

To boost students' interest in eating fruit and vegetables



鼓勵學生每天進食足夠蔬果，培養健康的飲食習慣

To encourage students to eat sufficient fruit and vegetables every day and develop healthy eating habits

組別 Categories

初小組
(小一至小三)

Junior Primary Category
(Primary 1 to 3)

高小組
(小四至小六)

Senior Primary Category
(Primary 4 to 6)



開心蔬果月網站
Joyful Fruit & Veg Month Website



初小組
Junior Primary
Category

小一至小三
Primary 1 to 3

各國蔬果個個誇

各個鑊煮各國蔬
各國鍋放各個果
各餐吃各國蔬果
個個確誇營養多



小四至小六
Primary 4 to 6

高小組
Senior Primary
Category

兩果三蔬好處多

兩果三蔬你我識
紅橙黃綠都有益
纖維豐富最出色
腸道健康至舒適
維他命增免疫力
身壯健如銅鐵壁
礦物毋需苦尋覓
代謝恰如虎添翼
吸收營養易到極
勤吃蔬果至招積

