

"Joyful Fruit Month" - Suggested Activities for Primary Schools

(一) 生果大搜查



教材：

1. 四套遊戲咭
(樣本圖片可於https://school.eatsmart.gov.hk/b5/content_joyful.aspx網頁下載，並在背面貼上磁石貼)
A咭：水果名稱
B咭：一份水果量
C咭：水果食譜
D咭：水果圖片
2. 一個大紙箱
3. 大量發泡膠珠或碎紙
4. 白板

遊戲方法：

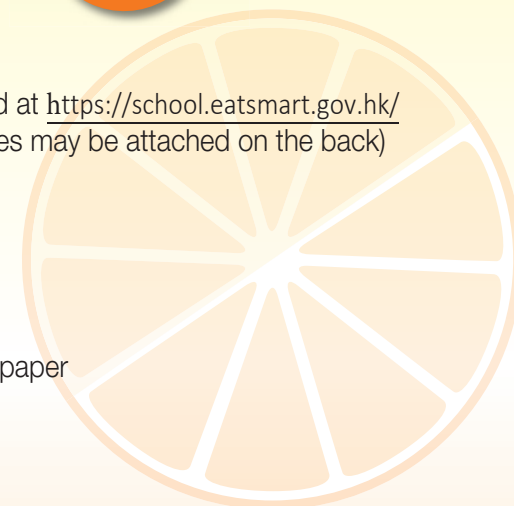
1. 參加者可分為3組(視乎人數)
2. 將 B、C、D 咭及發泡膠珠或碎紙放入大紙箱內
3. 將白板劃分3欄(視乎組別數目)
4. 主持人手持A咭，抽出一張貼白板上
5. 每組派3名代表甲、乙、丙玩遊戲
6. 每組甲、乙盡快在30秒內找出有關該水果(A咭)的描述交給丙張貼在白板上
7. 限時內貼上最多及正確答案咭的一組可得3分
8. 計分後盡快換上另外3名代表進行第二回合
9. 最高分的一組勝出

(1) The Fruit Hunt



What you will need :

1. 4 sets of game cards
(Sample pictures may be downloaded at https://school.eatsmart.gov.hk/en/content_joyful.aspx. Magnetic plates may be attached on the back)
Card A : Name of fruit
Card B : Size of one serving
Card C : Fruit Recipe
Card D : Fruit Pictures
2. One big carton box
3. A lot of polyfoam grains or shredded paper
4. Whiteboard



How to play :

1. Divide participants into 3 groups (depends on the number of participants)
2. Put Cards B, C, D and the polyfoam grains or shredded paper into the big carton box
3. Put 3 columns on whiteboard (depends on the number of groups)
4. Game master to hold Cards A and draw one to put on the whiteboard
5. Each group to send 3 players
6. Two players of each group to find the related cards of the fruit (card A) and pass to the third player of the group for posting on the whiteboard within 30 seconds
7. Three marks will go to the group with most correct cards posted within the time allowed
8. After counting the marks, replace soonest with 3 new players for Round 2
9. The group with the most marks wins

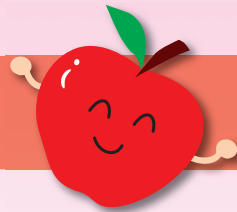
生果大搜查遊戲咭答案 Game Cards for Fruit Hunt Answer



A咭：水果名稱 Card A : Name of fruit	B咭：一份水果量 Card B : Size of one serving	C咭：水果食譜 Card C : Fruit Recipe	D咭：水果圖片 Card D : Fruit Pictures
布林 Plum	兩個 Two pieces	布林乳酪 Plum Yogurt	
西柚 Grapefruit	半個 Half a piece	青紅椒柚子牛柳粒 Shredded Beef with Sweet Peppers and Grapefruit	
中型蘋果 Medium-sized Apple	一個 One piece	南北杏蘋果瘦肉湯 Chinese Almonds, Apples and Lean Pork Soup	
士多啤梨 Strawberries	半杯 Half a cup	士多啤梨薄餅 Strawberry Pancake	
大型香蕉 Large-sized Banana	半隻 Half a piece	香蕉奶昔 Banana Milk Shake	

A咭：水果名稱 Card A : Name of fruit	B咭：一份水果量 Card B : Size of one serving	C咭：水果食譜 Card C : Fruit Recipe	D咭：水果圖片 Card D : Fruit Pictures
中型橙 Medium-sized Orange	一個 One piece	香橙豬扒 Pork Chop with Orange	
楊桃 Star Fruit	半個 Half a piece	星星水果串 Star Fruit Cocktail	
奇異果 Kiwi Fruit	兩個 Two pieces	奇異蜜茶 Kiwi Honey Tea	
車厘子 Cherries	半杯 Half a cup	車厘子果醬三文治 Cherries Jam Sandwich	
西瓜粒 Watermelon Chunks	半杯 Half a cup	西瓜西米露 Watermelon in Sago Dessert	

(二) 水果傳說



教材：

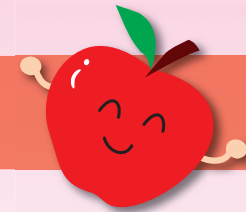
1. 3張包含10款不同種類的水果圖A, B, C
2. 一個大紙箱
3. 3套(各10張)跟A, B, C配對的水果圖片
(背面可貼上磁石貼)
4. 3個圓形筲箕
5. 魔術貼或繩子
6. 藤圈6個
7. 「雪糕筒」或其他障礙物各3件



遊戲方法：

1. 參加者可分為3組
2. 將30張水果圖放入大紙箱內
3. 每組派3名代表甲、乙、丙玩遊戲
4. 甲站在紙箱前
5. 乙將筲箕用魔術貼或繩子固定在頭上
6. 主持人分派各代表丙一張水果圖，限時30秒觀看，細閱後反轉放在白板上
7. 丙將所需水果圖憑記憶用口向甲傳述
8. 甲找出水果圖放在乙頭上的筲箕內
9. 乙盡快越過障礙物及2個藤圈，由丙收集，張貼在白板上
10. 一張正確答案可得1分，最多10分
11. 計分後盡快換上另外3名代表進行第二回合

(2) Legend of Fruit



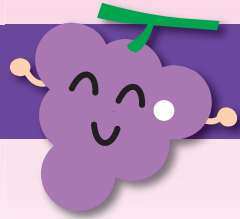
What you will need :

1. 3 sets of fruit pictures, namely A, B and C, each showing 10 different kinds of fruit
2. One big carton
3. 3 sets of cards (10 cards for each set, on the back of which magnetic plates may be attached) showing pictures matching those on A, B and C
4. 3 round strainers
5. Magic tapes and strings
6. 6 bamboo hoops
7. Traffic cones or other kinds of obstacle, 3 for each

How to play :

1. Divide participants into 3 groups
2. Each group will have 30 fruit pictures into the big carton
3. Three players from each group to play the game for each round
4. Player A to stand in front of the carton
5. Player B to fix a strainer onto the top of his/her head with magic tapes or strings
6. The game master will give Player C of each group a fruit picture to read for 30 seconds. After that, the picture will be turned over and put on the whiteboard
7. Player C will then tell Player A from memory the fruit in the picture
8. Player A to find the fruit pictures needed and put them into the strainer on Player B's head
9. Player B to use the shortest time to get through the obstacles and 2 bamboo hoops for Player C to collect the pictures and put onto the whiteboard
10. 1 mark will be given for each correct picture to a maximum of 10 marks
11. After counting the marks, replace soonest with 3 new players for Round 2

(三) 奇幻果步行



教材：

1. 環保材料
2. 扣針、針線、膠紙、膠水

其他：

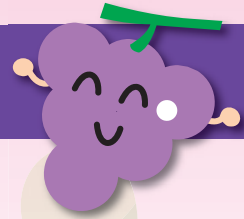
1. 音響器材
2. 音樂
3. 舞台
4. 燈光

遊戲方法：

1. 以班際為參賽單位
2. 各參賽單位設計一套(或一系列)以水果為主題的服裝
3. 利用環保材料縫製成衣服模型由一名(多名)代表穿上
4. 配合自選音樂編排貓步在台上表演
5. 由一名代表旁述靈感及健康信息
6. 評分準則可包括：
 - 創意度
 - 色彩吸引度
 - 服飾像真度
 - 傳達健康信息清晰度
 - 整體印象



(3) FruitWalk Fantasy



What you will need :

1. Environmental friendly materials
2. Safety pins, needles and threads, adhesive tapes, paste

Other :

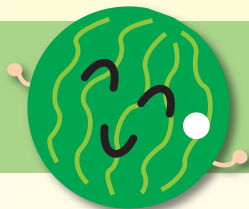
1. Audio aids
2. Music
3. Stage
4. Lighting

How to play :

1. It may be performed as class contest
2. Each class to design a set (or a series) of apparel with fruit as the theme
3. Make the apparel from environmental friendly materials for one (or more) member(s) to put on as (a) model(s)
4. Present self-arranged catwalk on stage with self-chosen music
5. One member to give narration on the inspiration and health message(s) carried
6. Marking scheme for adjudicators may include:
 - Artistic creativeness (originality)
 - Composition of artwork
 - Technical merit
 - Adherence to the contest theme of health
 - Overall feel



(四) 巨人書 —— 水果專題研習

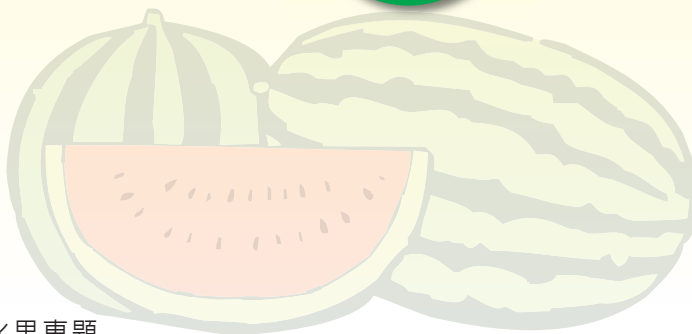


教材：

1. 環保材料
2. 顏料
3. 釘書機、膠紙、膠水

遊戲方法：

1. 以班際為參賽單位
2. 各參賽單位自選一項水果專題
3. 將研習所得資料以生動有趣方式，及利用環保材料設計製作巨人書模型
4. 由一名代表旁述信息
5. 評分準則可包括：
 - 色彩吸引度
 - 創意度
 - 傳達健康訊息清晰度
 - 旁白者技巧



(4) The Giant's Book - Thematic Learning Initiative

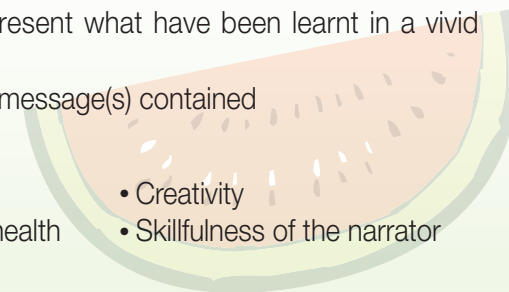


What you will need：

1. Environmental friendly materials
2. Colouring materials
3. Staplers, adhesive tapes, paste

How to play：

1. Classes as contesting units
2. Each contesting unit to choose a topic on fruit
3. Design and produce a model demonstration of the Giant's Book with environmental friendly materials to present what have been learnt in a vivid and fun way
4. One member to give narration on the message(s) contained
5. Judging criteria may include：
 - Composition of artwork
 - Adherence to the contest theme of health
 - Creativity
 - Skillfulness of the narrator



高小同學參考資料Reference for upper class：

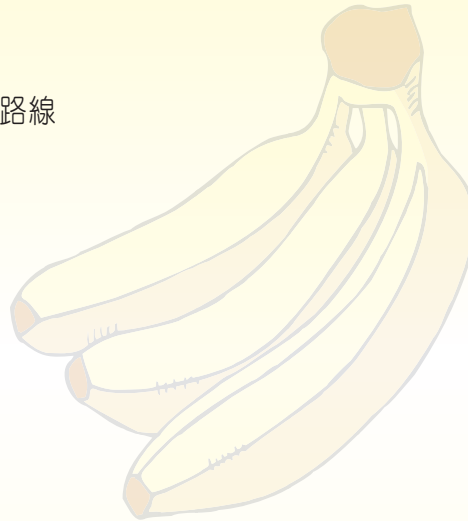
衛生署衛生防護中心	Centre for Health Protection, Department of Health	https://www.chp.gov.hk/tc/index.html
衛生署「健康飲食在校園」運動	'EatSmart@school.hk' Campaign, Department of Health	https://school.eatsmart.gov.hk/b5/index.aspx
食物環境衛生署營養資料查詢	Nutrient Information Enquiry, Food and Environmental Hygiene Department	http://www.cfs.gov.hk/tc_chi/nutrient/
香港心臟專科學院	Hong Kong College of Cardiology	http://www.hkcchk.com/
香港營養學會	Hong Kong Nutrition Association	https://www.hkna.org.hk/

(五) 尋果迷宮



教材：

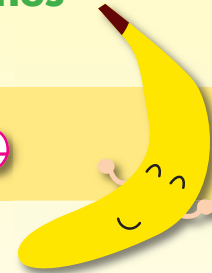
1. 一張畫有起點及路線的大咭紙
2. 硬紙條貼在咭紙上製成可供乒乓球通過的路線
3. 5款水果圖A, B, C, D, E作終點
4. 5張水果圖A, B, C, D, E抽籤紙
5. 3個乒乓球
6. 吸管(足夠供應每名參加者一支)



遊戲方法：

1. 參加者可分為3組
2. 每組最多派3名代表玩遊戲
3. 各組抽出水果圖抽籤紙作終點及領取乒乓球一個
4. 組代表合力用吸管將乒乓球由起點吹往終點
5. 各組分別進行，計時定勝負
6. 最快到達終點的一組勝出

(5) Fruit in a Maze



What you will need :

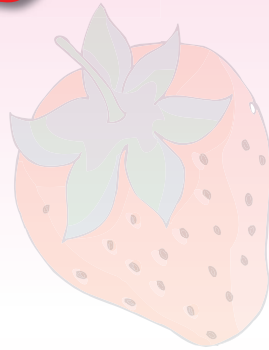
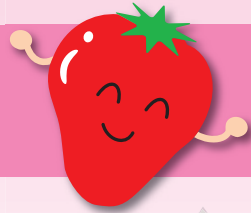
1. One big cardboard with starting point and routes drawn
2. Paper sticks fixed on the cardboard to form paths for ping-pong balls pass through
3. 5 different fruit pictures A, B, C, D and E, to be used as goals
4. Another set of fruit pictures A, B, C, D and E to be used as ballot chits
5. 3 ping-pong balls
6. Drinking straws (in a quantity enough for all players)

How to play :

1. Participants may go into 3 groups
2. Each group to send at most 3 members to play
3. Each group to draw a fruit picture as the goal and to collect a ping-pong ball
4. Players to blow with drinking straws together to drive the ping-pong ball from the starting point to the goal
5. Each group to play by turns and keep the time records
6. The group with the shortest record shall win



(六) 百發百中水果盤 (拋豆袋)



教材：

1. 一張畫有水果盤的大咭紙
2. 10-20張水果圖抽籤紙
3. 9個豆袋

遊戲方法：

1. 參加者可分為3組
2. 每組最多派3名代表玩遊戲
3. 各代表抽出水果圖抽籤紙作目標及領取1個豆袋
4. 各代表輪流拋豆袋，中目標者得一分
5. 最高分的一組勝出

(6) Fruit Marksman (Throwing beanbags)

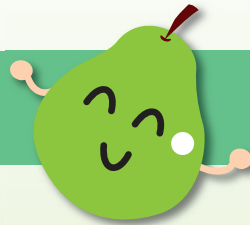
What you will need :

1. One big cardboard with a fruit plate drawn
2. 10-20 fruit pictures as ballot chits
3. 9 beanbags

How to play :

1. Participants may go into 3 groups
2. Each group to send at most 3 members to play
3. Each player to draw lot for a fruit picture as the target and to collect 1 beanbag
4. Players to take turns to throw the beanbag. One mark will be given to an attempt that hit the target successfully
5. The group with the highest score shall win

(七) 其他



(7) Others

學校可配合興趣課程推廣水果，例如：

1. 水果襟章別扣製作
2. 精美凍果蠟/啫喱蠟燭製作

Schools may promote eating fruit with hobby classes, e.g.:

1. Fruit pin-on badge making
2. Fruit wax / jelly wax candle making

