

**Kindergarten Education Scheme  
School-based Learning Activity of Chinese Culture  
Display Form**

**Hong Kong Society for the Protection of Children  
Cheung Sha Wan Nursery School**

Name of School

**2024-2025**

School Year

**N4**

Grade Level

**Name of Activity**

Experiential Learning Activity : Healthy diet

**Objective(s)**

- Through activities, children can learn about one of the Chinese tradition concept that rice is the main food and is grown by farmers.
- Through activities, children can learn the characteristics of different types of rice and the efficacy of rice washing water.
- Through activities, children can learn how to make the healthy five-color rice balls.
- Through activities, children will be able to cultivate traditional Chinese virtues and the character of cherishing food.

**Brief Descriptions:**

- During the storytelling " Eat it all, it's great! " activity, let the children learn to cherish the food.
- In the activity, children learn to wash different types of rice and cook by themselves. Also, they try to use a stone mill to make the rice milk.
- In the activity, children go to the market and buy the ingredients, then make the healthy five-color rice balls.

## Record of Activity (E.g. Children's Work / Photos / Videos of the activity)

