

**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

2025-2026

School Year

N4

Grade Level

Name of Activity

Experiential Learning Activity: “Healthy Fruit Little Expert”

Objective(s)

- Through activities, children can learn about the Chinese dietary culture of “food as nourishment” and the concept of the “five-colored diet”.
- Through activities, children can become familiar with natural ingredients and understand their importance for maintaining good health.
- Through activities, children can learn to make fruit juice, dried fruit, and jam, experiencing the diverse ways of using ingredients.
- Through activities, children can cultivate healthy eating habits of “less sugar, fewer additives”.

Brief Descriptions:

- Through storytelling and bringing five-colored fruits to school to share, children can be introduced to the concepts of “food as nourishment” and the “five-colored diet”, learning about their health benefits and building knowledge of healthy eating.
- Children can experience hands-on activities such as juicing, making dried fruit and sugar-free blueberry chia seed jam, experiencing the diverse uses of ingredients while fostering healthy eating habits of “less sugar, fewer additives.”
- At the “Colorful Fruit Market,” children can role-play as little shopkeepers, inviting parents and peers to taste sugar-free juice and dried fruit while introducing the concept of the “five-colored diet,” thereby practicing cooperation, communication, and hospitality skills.

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

