

15 June 2011

**The Family Night Out@HealthZone  
held in conjunction with Children's Season 2011  
provides parents with young kids interactive bonding and learning opportunities  
during this June school holidays**

Parents with young children aged four to 10 can look forward to a fun and meaningful outing during this June school holidays at Health Promotion Board's HealthZone on 25 June 2011, Saturday, 7 pm to 9 pm. An entertaining two-hour programme has been designed to inspire children's learning in an innovative setting, with parents participating alongside to nurture the educational experience.

2 Children will take centre-stage as mini chefs to learn from a nutritionist about healthy ingredients present in the food. Thereafter, it will be a hands-on experience as the children prepare popcorn and a yummy healthy yoghurt dip. Parents will simply play 'assistants' to their children to provide guidance in their culinary adventure.

3 The fun continues with a unique story-telling experience that will foster imagination and creativity as parents and children immerse themselves in role-playing within the fairytale story, re-enacted in a natural garden terrace setting under the stars.

4 Parents and children will also need to be quick and nimble for "health's sake" as they participate in the "Treasure Health Hunt" seeking interesting hidden items within HealthZone. Prizes await the fastest families which uncover the "treasure".

5 Admission fee is \$20 for a family package of four persons. For more information on the Family Night Out@HealthZone, members of the public can call 1800-435 3616 or email [hpb\\_health\\_zone@hpb.gov.sg](mailto:hpb_health_zone@hpb.gov.sg).

**Issued by Health Promotion Board**

**About HealthZone**

HealthZone is the healthy lifestyle exhibition centre under the Health Promotion Board where Singaporeans of all ages can learn about good health through interactive displays and colourful models. It aims to show visitors how their lifestyles affect their health and equip them with knowledge and skills to practise good health habits for life.