

Fruit and Veggie Fun

Equipment Needed:

- ✓ **White board**
- ✓ **Dry-erase marker**

DIY Equipment:

Don't have the items needed to play?

Instead use a blank sheet of paper and a pen/ pencil

Get Ready!

CHOOSE one person to be the writer. This player will be the leader

TIP: the more players you have the more this game will be. See if your neighbors want to join!

Instructions:

1. When the game begins, everyone should hop in place.
2. The leader will name a series of colors. When a color is named, you should raise your hand if you can name a fruit or vegetable that is the same color.
3. The leader will make a list of the fruits and vegetables that you named correctly. When the game is over the entire class will do jumping jacks (or another fun movement) equal to the number of fruits and vegetables listed on the board.

TIP: Add variety to the activity by alternating hopping in place with squats or chair stands.

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

Did you know the darker green a vegetable is, the better it is for you? Name some vegetables that you think are especially good for you.

Do you like these kinds of vegetables? What's your favorite vegetable?