



# Fruit and Veggie Zig-Zag



## Equipment Needed:

- ✓ 2-4 balls

**TIP:** Use any type of ball that you can safely pass, like a soccer ball or beach ball.

## Get Ready!

**Divide** players into two groups. If you don't have many players, just make one group!

**Arrange** players in a zig-zag formation with players facing each other.

**Give** 1 ball to each group.

## Instructions:

1. The player at the beginning of the zig-zag row will must name a fruit, then toss the ball to the next player in the zig-zag.
2. Keep passing the ball down the line until players can no longer name a new fruit.
3. When players run out of fruits to name, repeat the process by having players name vegetables!

**TIP:** Write out a list of fruits and vegetables that players are able to name, and do a movement (jumping jacks, squats, etc.) equal to the number of foods players were able to think of.

## Family Talking Points:

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

1. What are your favorite fruits and vegetables to eat as a snack?
  
  
  
  
  
  
  
  
  
  
2. What is your favorite activity that vegetables help fuel you to do?