



Fruit and Veggie Fun



Equipment Needed:

- ✓ White board and marker

TIP: *Don't have the equipment needed to play? Use a piece of paper and a pen instead!*

Get Ready!

Choose one person to be the "writer." This person will lead the activity.

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

Instructions:

1. Everyone will begin the game by hopping in place.
2. The leader will then name a series of colors. When a color is named, players should raise their hand if they can name a fruit or vegetable that is the same color.
3. The leader will make a list of the fruits and vegetables that are named correctly. When the game is over, all players will do jumping jacks (or another fun movement) equal to the number of fruits and vegetables listed.

TIP: Add variety to the activity by alternating hopping in place with squats, arm raises, or another fun movement.

Family Talking Points:

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

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

2. Do you like dark green vegetables? What is your favorite vegetable?