

PE Activity: Fruit and Veggie Red Light Green Light

Supplies Needed: none

Length of Time to Complete:

- 3 minutes to introduce activity
- 10 minutes to play the game

Audience (grades): 1st

Lesson:

This month, we're learning about the importance of fitting in more fruits and veggies. Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy!

Half of our plates should be filled with fruits and vegetables. At a minimum, we need to eat at least 3 servings of vegetables and 2 servings of fruit each day! Think of giving yourself a high five if you eat five a day.

When choosing fruits and vegetables, think of a rainbow; try to eat a variety of colors. By eating a rainbow of colors, your body is getting different nutrients it needs for proper growth.

Now we are going to play a game to see who can listen, remember, and race! We're going to play "red light/green light" but with a twist. Instead of saying red or green, the stoplight will name a red or green fruit or vegetable. Can anyone help me think of fruits and vegetables with those colors?

Red: cherries, tomatoes, strawberries, peppers

Green: spinach, broccoli, grapes, pears, lettuce, green beans

(Choose one person to be the stoplight and have them stand at the other end of the classroom or field.)

Every time the stoplight says a green fruit or vegetable you are going to run (or skip, hop, speed walk etc.). When the stoplight names a red fruit or vegetable you have to stop! If you don't stop, you have to go back to the start line. Whoever tags the stoplight first, wins!

Variations:

Have the teacher stand behind the "stoplight" and raise a red or green flag depending on the color fruit or veggie named.

Have the stoplights call out only a certain number of students who are still moving when a red fruit or vegetable is named.