

## Blueberry Harvester

**Exercise Outcomes:**

Improves Cardiovascular Capacity  
Promotes Flexibility and Balance

**Nutrition Lesson(s) Supported:**

-Fruits and Vegetables  
-Break the Fast

**Length of Time to Complete:**

5 minutes

**Audience (grades):** K-2**Leader:**

*Have the students sit down if they aren't already.*

Let's pretend you're just waking up and want to get some blueberries to make pancakes or a smoothie. First, let's wake up our bodies. Let's stretch our hands way up and try to reach the ceiling. Now let's stand up and keep stretching as high as you can. Keep stretching and bend to one side. Now the other side.

Ok, now were ready to harvest some blueberries. Do you know how farms do this? They have a machine that shakes the blueberry plants. Let's pretend we're that machine.

We're at the first row of blueberries. Ready? Let's shake! (*Shake and jump in place for 30 seconds.*) Good job, stop.

Let's rest as we line up for the next row of blueberries. Ready? Let's shake! (*Shake and jump in place for 30 seconds.*) Good job, stop.

Let's rest as we line up for the next row of blueberries. Ready? Let's shake! (*Shake and jump in place for 30 seconds.*) Good job, stop.

Now let's collect the blueberries and put them in a basket. *Squat and scoop the blueberries into a basket.* Great. Now let's march them to the kitchen. The field is really muddy, so we have to lift our knees really high to get out of the mud. *Have them march in place holding the blueberry basket for 30 seconds.*

Now let's wash the berries. Turn on the water and gently swirl the blueberries under the water. Great! Now we can make put them in our pancakes or smoothies or mouths! Yum!