




Detective Game

Exercise Outcomes:

-  Improves Cardiovascular Capacity
-  Promotes Flexibility and Balance
-  Develops Strength

Supplies Needed:

Food cards showing Fruits, Veggies, and Go Foods.

Nutrition Lesson(s) Supported:

- Fruit and Veggies
- Sensational Snacks

Length of Time to Complete:

10 minutes

Audience (grades): K-2

Lesson:

Fruits and vegetables are an excellent snack! They are an excellent source of fiber. Fiber helps you feel full and promotes a healthy digestive tract. Fruits and vegetables are also a great source of vitamins and minerals.

When choosing a snack, try to including Go Foods from at least 2 food groups. It's especially great to eat some protein since it will help you feel full longer. For example,

Apple (Fruit) and cheese (dairy/calcium rich)

Banana (fruit) and peanut butter (protein)

Turkey (protein) and tortilla (grain)

Process:

Hide the fruit, vegetable, and Go cards around the room with the picture facing up. Have children stand in the center of the room. Choose 3 or 4 children. Give instructions for fun ways to get to a location where a card is hidden. For example, hop to the reading area, tiptoe to the science table, skip to the teachers desk. Once they have reached the area, they may search for the fruit or vegetable. Have the child identify the fruit or vegetable they found. Briefly discuss why it's good for your body. Repeat until all children have had a chance.