




## Fruit and Veggie Spud

### **Exercise Outcomes:**

-  Improves cardiovascular capacity
-  Develops strength and eye hand coordination
-  Promotes balance and flexibility

### **Supplies Needed:**

- A kickball or other light ball about that size
- A field or gym to play in

### **Nutrition Lesson(s) Supported:**

- Fruits and Veggies

### **Length of Time to Complete:**

10 minutes

### **Audience (grades):** K-5

### **Lesson:**

Your parents always tell you to eat your fruits and veggies; but do you know why they are so important? Fruits and vegetables contain essential vitamins and minerals that your body needs to grow strong and stay healthy!

Who can tell me how many servings of vegetables we should eat a day? (At least 3)

How many servings of fruit? (At least 2)

Think of giving yourself a high five if you eat five a day.

### **Directions:**

Ok everybody we are going to play Fruit and Veggie Spud. First, let's go in a circle and everyone name the fruit or vegetable they want to be. Only one person can be assigned to each food. These are the fruits and veggies we'll use for the game. Let's go in a circle and name them one more time so everyone can remember them.

We start by all gathering around me. I'll throw the ball straight up in the air and call out one of the fruits or veggies.

Whoever's food I called runs and tries to catch the ball while everyone else runs away. You must stay within these boundaries (define them).

Once that person catches the ball they yell "SPUD" and everyone must stop moving.

The catcher can take up to 4 steps and throws the ball at one of the other players to try and tag them with the ball.

The target must keep their feet planted but can twist, duck or try to catch the ball. If the ball makes contact but isn't caught, the target receives an "S"

If the ball misses or is caught, the thrower receives an "S".

Everyone then gathers around whoever received the "S". That unlucky player throws the ball in the air and calls out the next fruit or veggie for the next round.

As soon as a player receives S, P, U, and D they are eliminated.

The last player not eliminated is the winner.