

Fruit and Veggie Conga

Exercise Outcomes:

♥ Improves Cardiovascular Capacity

Nutrition Lesson(s) Supported:

-Fruits and Vegetables

Length of Time to Complete:

5 to 10 minutes

Audience (grades): K-2

Leader:

Ok everyone it's time to get some exercise! Raise your hand if you've ever danced in a conga line. *(Choose two students who've raised their hands to help you demonstrate.)* Would *(child 1)* and *(child 2)* help me teach the dance to your classmates? It's a simple dance, but our conga will be special. We're doing the Fruit and Veggie Conga.

We're going to sing a little song and every time we pause one of us will say the name of your favorite fruit or vegetable. Would one of you help demonstrate with me? *(Choose one or two students)*. Ok, let's line up and hold the hips or waist of the person in front of you. I'll sing the song and say the first fruit or vegetable, then next time *(Name of the child behind you)* will say their favorite fruit or vegetable. The third time *(name of second child)* will say their favorite fruit or vegetable. We step to the beat of the song, and we all kick to the side when the fruit or vegetable is said. First we kick to the right, the second time to the left, and so on.

(Leader sings to the conga beat in either English or Spanish as class requires)

I love to eat kiwi

Me encanta comer kiwi

I love to eat *(child behind leader answers)*

Me encanta comer *(child behind leader answers)*

I love to eat *(next child answers)*

Me encanta comer *(next child answers)*

Great job. Thanks for your help! Now let's have everyone line up behind *(Names of students who helped you)*. Hold the hips or waist of the person in front of you. Since *(Names of volunteers)* have already said their favorite fruits, *(Name of 3rd child)* will answer first this time.

(Start singing)

Great job everyone! This is such a fun dance, maybe you can teach it to your family. It's a great dance to do before snack time or dinner.

Fruits and vegetables are so good for you, and you've named some delicious ones! Make sure you eat at least 3 servings of vegetables and 2 servings of fruit every day!