

Fruit and Veggie Red Light Green Light

Exercise Outcomes:

- ♥ Improves Cardiovascular Capacity
- ★ Promotes Flexibility and Balance

Nutrition Lesson(s) Supported:

-Fruits and Veggies

Length of Time to Complete:

10 minutes

Audience (grades): K-5

Background:

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.

There are a lot of fruits and vegetables to choose from! 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 needed for proper growth.

Ok everybody 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?

(Have everyone line up shoulder to shoulder, all facing in the same direction. 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. When they name a red fruit or vegetable you have to stop! If you don't stop, you are out. Whoever tags the stoplight first wins!

OK let's start the game!