

# FRUIT AND VEGETABLE ACTIVITY SUGGESTIONS

Preschool/Elementary Kids Edition 2013

## Fruity and Veggie Spin Wheel and Musical Statues

- **Who is this for?**
  - Preschool and Elementary Children
- **Why is this a good idea?**
  - Eating fruits and vegetables is healthy and delicious.
  - Fruits and vegetables are full of vitamins, minerals, and fiber.
  - Eating fruits and vegetables every day helps children grow and develop.
- **Items Needed:**
  - Paper plates
  - Markers or Crayons
  - Popsicle Sticks
  - Fruit and Veggie Cut Outs
  - Music Player
- **Objective:**
  - To teach children about the importance of eating fruits and vegetables every day!
- **Nutrition Craft Instructions:**
  - Give each child a paper plate. Have the children color them and create a color spin wheel like the example below. Have the children place the cut out fruits and vegetables into the colors (e.g. strawberries go in the red part of the wheel) that are attached to this document. Once every child has made a color spin wheel, then play “The Musical Fruit and Veggie Statues” game listed below. A list of fruits and vegetables by color is listed in a table below.

### FRUIT AND VEGGIE COLOR SPIN WHEEL EXAMPLE:



- **Nutrition Lesson Plan:**

- Fruits and vegetables are healthy for many reasons. They contain important nutrients like vitamins A and C, fiber, and minerals like calcium and iron. Eating fruits and vegetables support a healthy heart, brain, and body. Fruits and vegetables keep you full and give you the energy to get through the day. It is important to eat them every day to keep you and your family healthy.

- **Gameplay:**

- Explain to children that you will play some music. Tell the children they can dance or move when they hear it, but must freeze and not move when the music stops. When the music stops, the instructor will call out a color off the spin wheel and have the children shout out either a fruit or vegetable of that color (e.g. yell out “**yellow**” and they could respond saying “**bananas**”). Encourage them to move as fast as they can by either dancing, jumping, bouncing, marching, and wiggling only when the music is playing. Play and stop the music and call out different colors of the rainbow. Repeat this several times.

**List of Fruits and Vegetables by Color:**

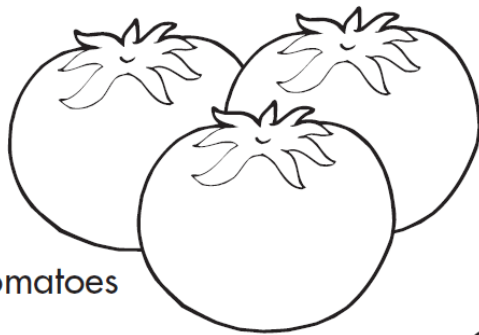
RED	ORANGE	YELLOW	GREEN	BLUE	PURPLE
Strawberries	Carrots	Yellow Peppers	Asparagus	Blueberries	Plums
Red Apples	Oranges	Squash	Broccoli	Blackberries	Purple
Tomatoes	Tangerines	Pineapple	Cucumbers		Cabbage
Red Onions	Peaches	Lemons	Green		Eggplant
Radishes	Papayas	Mangoes	Apples		Grapes
Watermelon	Pumpkin	Corn on the	Grapes		
Raspberries	Apricots	Cob	Pears		
Cranberries	Cantaloupe	Bananas	Lettuce		
Pomegranate			Peas		
			Green Beans		
			Spinach		



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## Eat the Colors of the Rainbow

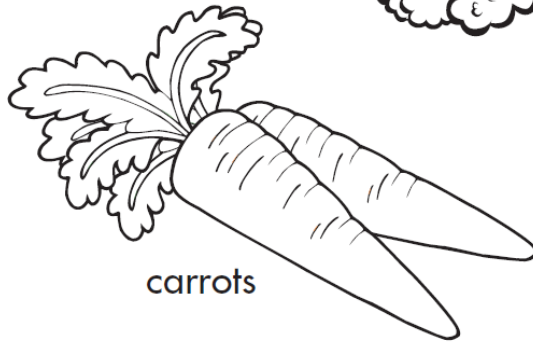
Color the fruits and veggies below! What is your favorite fruit?  
What is your favorite vegetable? What color are they?



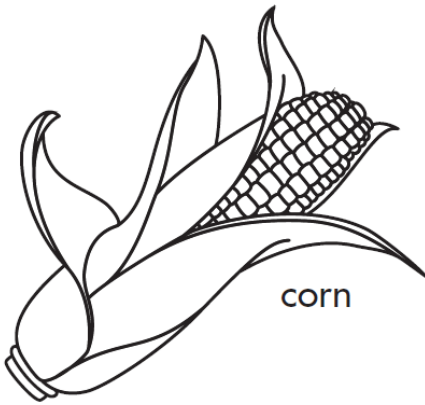
tomatoes



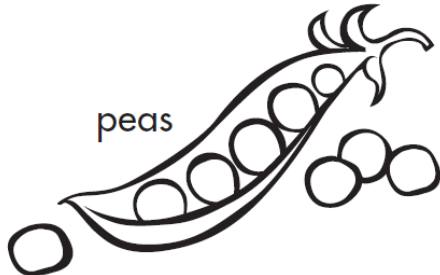
broccoli



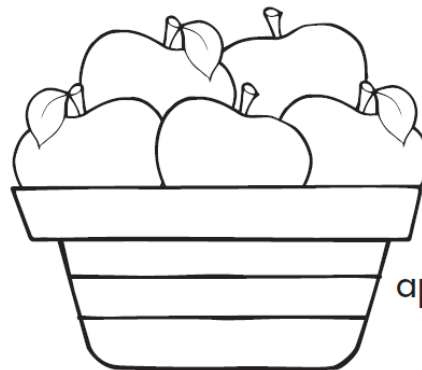
carrots



corn



peas



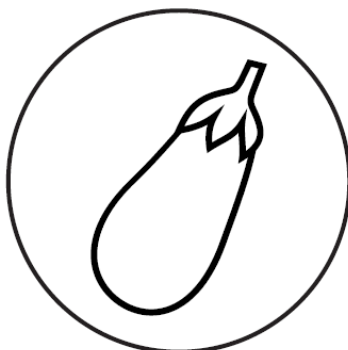
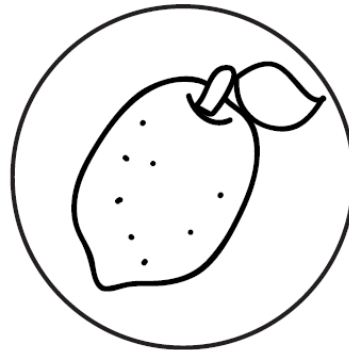
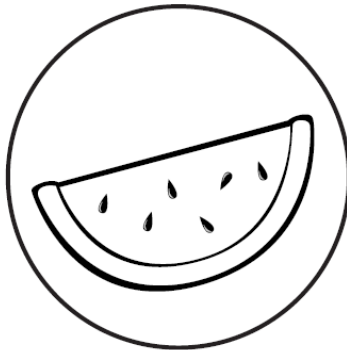
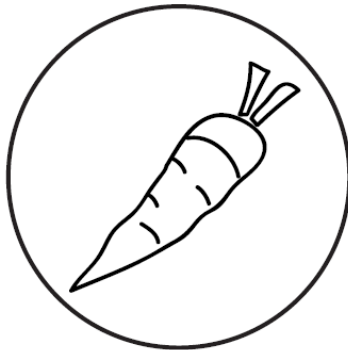
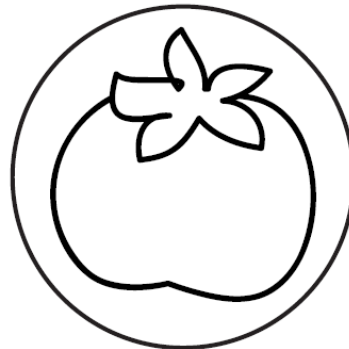
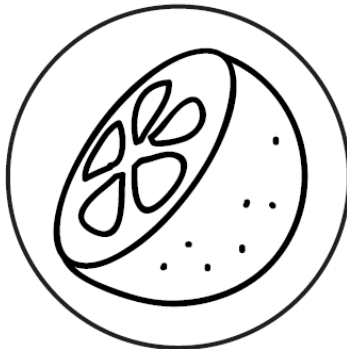
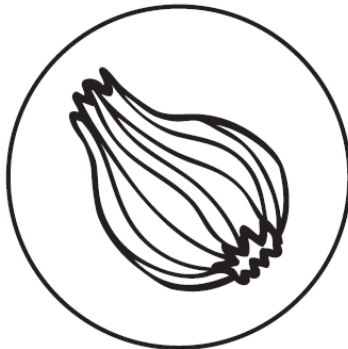
apples

For more fun games, visit [EatWellBeWell.org](http://EatWellBeWell.org).



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## Fruit of the Room



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