

FRUIT AND VEGETABLE ACTIVITY SUGGESTIONS

Preschool/Elementary Kids Edition 2013

Fruity and Veggie Freeze Tag

- **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.
- **Objective:**
 - To teach children about the importance of eating fruits and vegetables every day!
- **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:**
 - Four to six children are “it” at one time. The rest are scattered throughout the area. When tagged, players must assume the “frozen” position by keeping both feet in place and yelling out their favorite fruit or vegetable. Any free player who has not been tagged can touch a frozen player to release him/her. The goal of the taggers is to freeze all players. Frozen players should raise their hands so other players can easily identify them.