

# FRUIT AND VEGETABLE ACTIVITY SUGGESTIONS

Preschool/Elementary Kids Edition 2013

## Fruity and Veggie Fun People

- **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:**
  - Print outs of fruit and vegetable cut outs for each child
  - Paper Plates
  - Markers and Crayons
  - Tape/Glue sticks
  - Popsicle sticks
- **Objective:**
  - To teach children about the importance of eating fruits and vegetables every day!
- **Nutrition Craft Instructions:**
  - Have the children color and cut out all the fruits and vegetables listed below. The children will then tape or glue their colored fruits and vegetables onto the paper plate making a fruit and veggie person like the example picture below. During this activity provide the nutrition lesson plan and name all the fruits and vegetables cut outs that are provided. Then tape a popsicle stick to the back of it so the children are able to hold it up and act/dance like their fruit and veggie person would. Play the game listed below.

### FRUIT AND VEGGIE PERSON EXAMPLE:



- **Nutrition Lesson Plan:**

- Fruits and veggies are healthy for many reasons. They contain important nutrients like vitamins A and C, fiber, and minerals like calcium and iron. Eating fruits and veggies support a healthy heart, brain, and body. Fruits and veggies 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:**

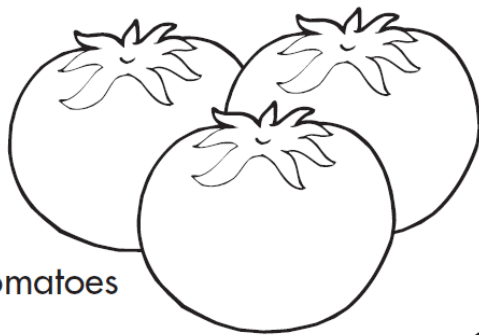
- Collect all fruit and veggie people from the children. Hide the fruit and veggie people around the room. Let the children know that it is time for a fruit and veggie hunt. Together, reach high, bend low and search around the classroom through the fruit and veggie world. Every 2 to 3 minutes during the hunt call out different ways for children to move, such as jumping, wiggling, marching, stomping and crawling to keep them physically active. The game is completed once every child has found their fruit and veggie person.



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## Eat the Colors of the Rainbow

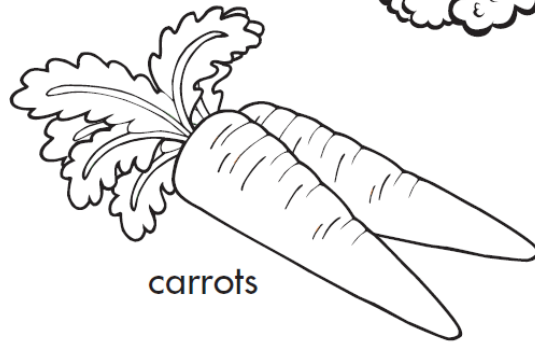
Color the fruits and veggies below! What is your favorite fruit?  
What is your favorite vegetable? What color are they?



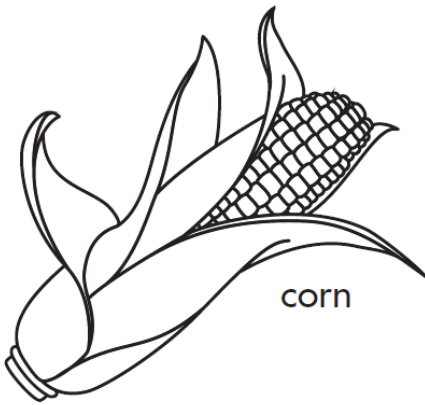
tomatoes



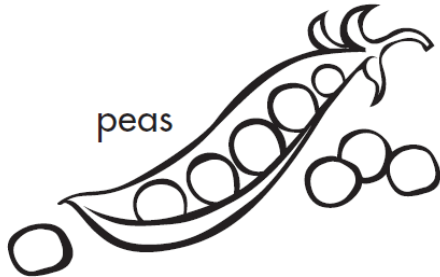
broccoli



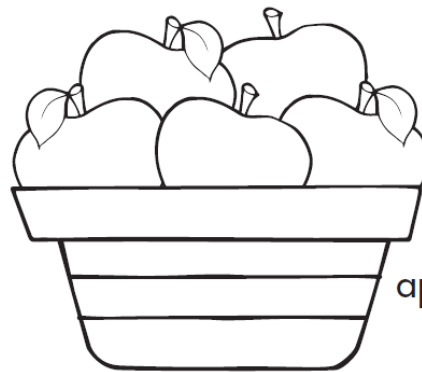
carrots



corn



peas



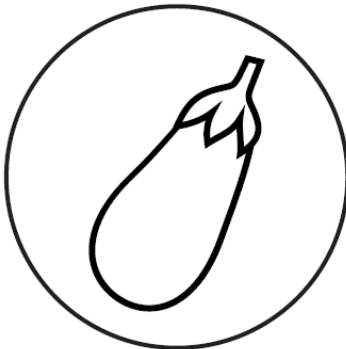
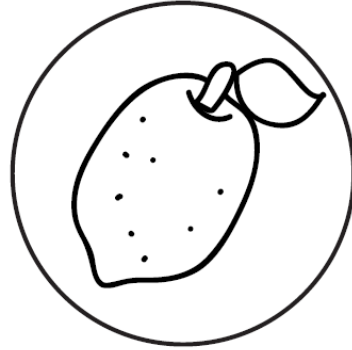
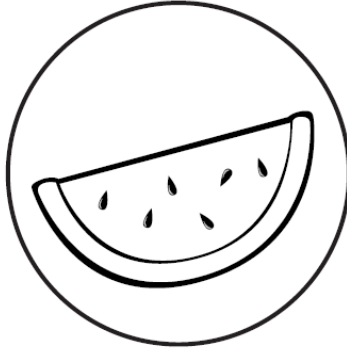
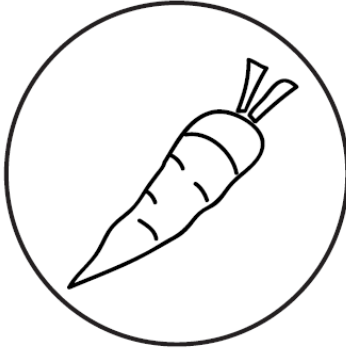
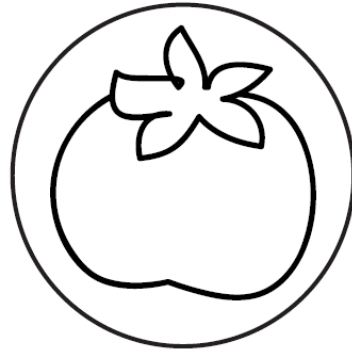
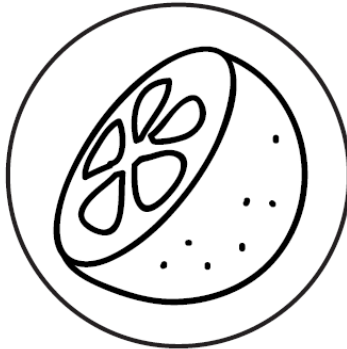
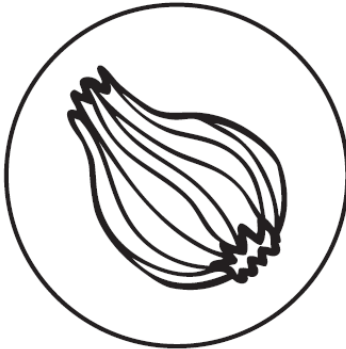
apples

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



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## Fruit of the Room



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