

FRUIT AND VEGETABLE ACTIVITY SUGGESTIONS

Preschool/Elementary Edition 2013

Fruit and Veggie Paper Plates

- **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
 - Crayons or Markers
 - Popsicle Sticks
 - Tape
- **Objective:**
 - To teach children about the importance of eating fruits and vegetables every day!
- **Nutrition Craft Instructions:**
 - Provide each child two paper plates. Instruct them to make one fruit on a paper plate and a vegetable on the other plate like the example below. Once colored and completed, tape a popsicle stick on the back of it so the children are able to hold it up. When every child has finished their craft, provide the nutrition education and play the game “Jump the Fruit/Veggie River” listed below.

Fruit and Vegetable Paper Plate Craft Example:



- **Nutrition Lesson Plan:**
 - Fruits and vegetable 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:**

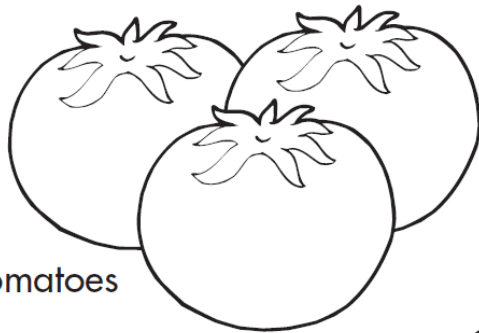
- A space in the classroom. Place two strips of masking tape on the ground to symbolize a “river.” Explain to the children that they are taking a journey through the woods made out of fruits and vegetables and may need to cross a stream or river. Ask the children to walk, dance and march throughout the space. The instructor will say “Fruits cross the river!” The children will hold their paper-plate fruit and jump over the river. Then, the instructor will say “Vegetables cross the river!” Children will hold their paper-plate vegetable and jump over the river. Emphasis should be placed on landing on both feet at the same time without falling over. The instructor will repeat the process, specifying exactly which fruits and which vegetables should cross the river, for example, the instructor may say “Broccolis cross the river!” For an added challenge, the instructor can ask the children to cross the river sideways or by skipping.



Champions for Change
Arizona Nutrition Network

Eat the Colors of the Rainbow

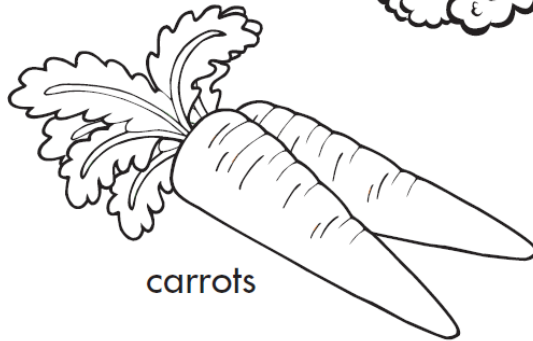
Color the fruits and veggies below! What is your favorite fruit?
What is your favorite vegetable? What color are they?



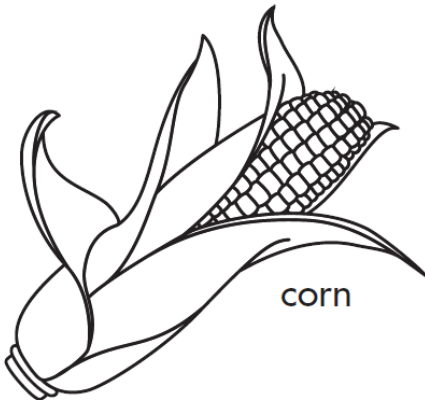
tomatoes



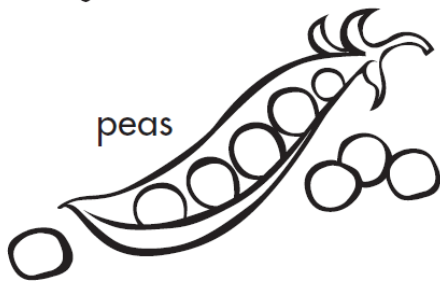
broccoli



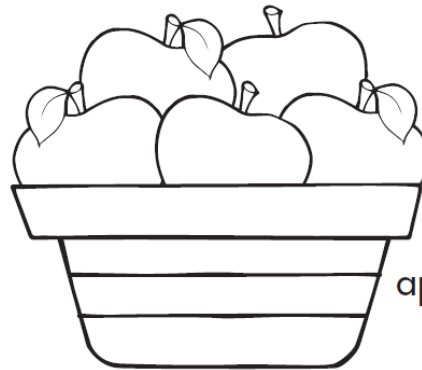
carrots



corn



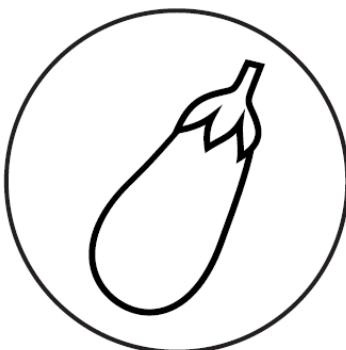
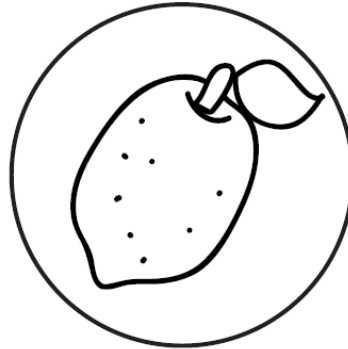
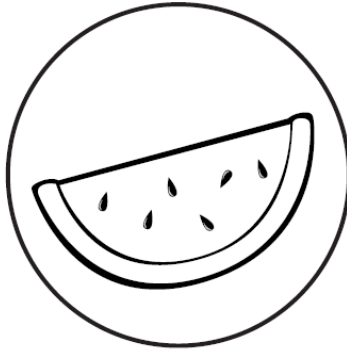
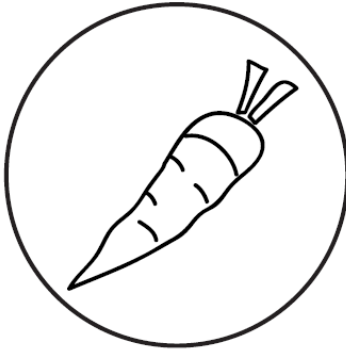
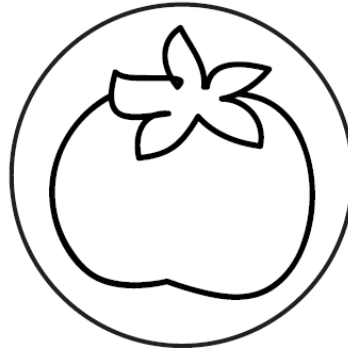
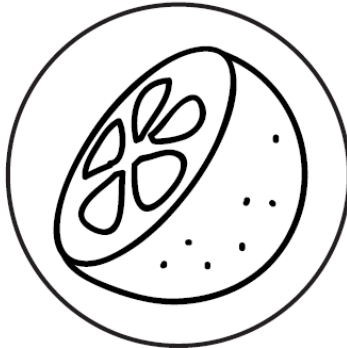
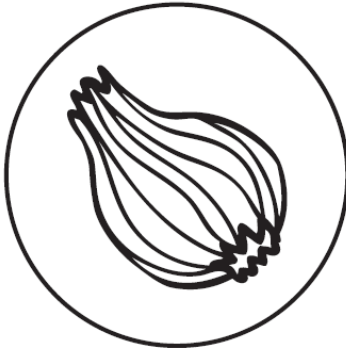
peas



apples

For more fun games, visit EatWellBeWell.org.

Fruit of the Room



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