



EVENT IN A BOX ACTIVITY SUGGESTIONS

Adult and Senior Edition 2011

Find out why healthy proteins are important for healthy living.

Who is this for? Adults, seniors and if applicable, caretakers.

Chain Reaction

Everyone should sit down in a large circle. The first person must tell the name of a fruit or vegetable. The second person in line must give the name of a fruit or veggie that begins with the last letter of the fruit and veggie given by the first person and so on. For example: Tomato, Onion, Nectarine, Eggplant, Turnip...

Stories out of a Bag

Download and print one copy of the "Stories out of a Bag" template with different fruit or veggie categories. These will be used to prompt each person to share a memory. Cut each category out, and put them into a bag. One person should start by picking a slip of paper from the bag and talking about what she drew out. From there, go around the circle and let everyone tell their story. Also, be prepared to talk about healthy alternatives to some of the stories.

What Did You See?

Download and print the "What Did You See" template with several fruits and veggies on it. Print enough copies for everyone. Pass one to each person and have them study it for 30 seconds. Then, have them flip their paper over and write down as many fruits and veggies that were on the sheet as they can remember. Afterwards, ask the group what was on the sheet and see who remembered the most.

For templates for these activities, visit EatWellBeWell.org/partners.