



EVENT IN A BOX ACTIVITY SUGGESTIONS Elementary School Edition 2011

Getting kids excited about being a Champion for Change by eating fruits and vegetables!

Who is this for? Kids and their parents

Why is this event a good idea? Fruits and vegetables are healthy for growing kids.

Drop and Pop

On thin slips of paper, write why fruits and veggies are good for you – the kids can help with this. Insert one slip into each balloon and inflate. Children should get into pairs. Standing back to back, place one balloon between them. All teams must start at a starting line you've established, and shuffle their way to the finish line, making sure to keep the balloon secured between them. Any team that drops the balloon is out, and should pop their balloon and read the fruits and veggies fact that's inside aloud to the group. Play until all balloons are dropped and popped!

Restaurant

Download and print the blank "Restaurant" menu template. Print enough copies for each child and have them write down foods under breakfast, lunch and dinner that contain fruits and veggies. Then have them sit at their desks or tables like they're dining in a restaurant. One child should volunteer to be the "server" and write down orders as each child says what they want from the menu they've created. Keep playing until they have "eaten" one item for breakfast, lunch and dinner. This way, everyone can hear what fruit and veggie foods the other children have come up with. Afterwards, allow them to take their menus home to play with their families.

Spelling Bee

To help get you started, download and print the "Spelling Bee" template with examples of fruits and vegetables. Then, hold a spelling competition using only fruits and vegetable names. The winner could also receive a fruit or veggie-themed prize.

Apple Tree

Download and print the "Apple Tree" template. Make four or five copies, and cut out the apples. Create a two to three foot apple tree with butcher paper on a bulletin board or empty wall. The tree can be stapled, taped or tacked to the wall, but the apples need to be removable. On the back of each apple, write a number one through five. These will be points. Download and print the "Apple Tree" template with fruit or veggie trivia questions. Divide the group into teams of five and ask each group a trivia question. When a group gets an answer right, they will be able to walk up and pick an apple off the tree. The team with the most points at the end wins!

Grow Your Garden

Download and print "Grow Your Garden." Make enough copies for everyone to have a sheet. Pass one out to each person and encourage them to draw potatoes, tomatoes, watermelons, apples, etc in the appropriate places on the illustration. Afterwards, have them color them in!

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