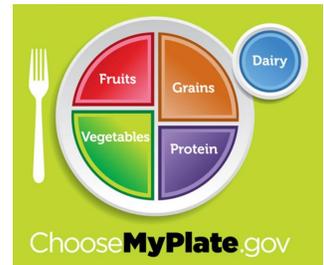


Fruit & Veggie Fitness Fun



Fruits and veggies are very colorful. It is important to eat a colorful variety of fruits and veggies every day. Have children identify fruits or veggies with different colors.

Ask: Will all children wearing **yellow** or **orange** stand up?*

Ask: What fruits or veggies are **yellow** or **orange**? Lemons, grapefruit, star fruit, pineapple, yellow apples, mangoes, nectarines, oranges, peaches, cantaloupe, papayas, pumpkin, carrots, squash, yellow peppers, corn, sweet potatoes etc.

Ask: Will all children wearing **green** stand up?*

Ask: What fruits or veggies are **green**? Kiwi, green grapes, limes, green pear, honeydew asparagus, green beans, broccoli, lettuce, zucchini, green pepper, green onion, celery, brussel sprouts, cucumber, peas etc.

Ask: Will all children wearing **red** to stand up?*

Ask: What fruits or veggies are **red**? Red apples, watermelon, cherries, red grapefruit, red grapes, raspberries, strawberries, tomatoes, radishes, red potatoes, red onion, red bell peppers, beets, etc.

*If children wear uniforms to school have them stand up if they like a yellow, orange, green, or red fruit or veggie. You can also substitute a physical activity for standing up such as jumping jacks or knee raises.

