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.