

FAQUIER COUNTY PUBLIC SCHOOLS
EVERY KID HEALTHY WEEK
WELLNESS WEDNESDAY
NUTRITION BASED PHYSICAL ACTIVITY

A game that incorporates fun music with Fruits and Vegetables to encourage learning through movement.

Materials Needed:

- **Fresh fruits** and **veggies**
- Pictures of selected **fruits** and **veggies** (draw your own fruits)
- Slips of **paper**
- **Pen** or **marker**
- **Cup**
- Music (played through a favorite device or singing to the tune of a favorite song)

Steps for Set-Up:

- Place the pictures in a circle on the floor and tape each one to the floor to secure and prevent slipping when stepped on.
- Take slips of paper and write down each **fruit** and **vegetable** chosen for the game and a fun fact on each slip, then place in a cup.
- Gather the **fruit** and **veggies** and have them on hand nearby. Note: This game incorporates tasting the items, so these **fruits** and **vegetables** should match the ones in the pictures and be items you have on hand at home. Some ideas are apples, pears, kiwi, bananas, peaches, plums, strawberries, raisins, cranberries, carrots, sugar snap peas, celery, broccoli, etc.

Steps to play:

1. Start playing the music of your choice. As the music plays, invite children to move and dance around the circle. When the music stops, the children should stop on the nearest space.
2. After everyone stops on a space, pull out a slip of paper. The child standing on the space corresponding to the slip drawn wins that piece of fruit or vegetable and joins you to help draw the next slip. Remember to tell the group about the fun fact!

Continue playing until everyone is a winner or you run out of time and taste test the produce won.