

Fruits and Veggies: More Matters Shuttle Relay

Objective:

Students will pretend to shop for fruits and vegetables to create a healthy diet.

Cognitive Link:

The brain seeks connections and searches for meaning. The brain is only as healthy as the body that carries it.

Academic Concepts:

Proper nutrition.

Equipment:

Four large Paper Bags

A variety of fruits and veggie models (stress balls, paper models, plastic models, etc)

A timer (clock or watch)

Organization:

Students divide into 4 teams and sit in straight lines one behind the other. The fruits and veggies are arranged in front of each team. The bag is placed at least 5 feet ahead of each team.

Anticipatory Set:

Teacher's quote – "It is recommended that we eat a variety of fruits and vegetables in order to maintain a healthy diet. In this relay race we are going to pretend to go shopping for our fruits and vegetables to create a complete and healthy diet."

Activity:

Students are in four relay teams with the fruits and vegetables in a line in front of their team. On the Teacher's signal "Go", the first person in the team starts and picks up a fruit or vegetable, says its correct name (i.e. "broccoli") and runs to put it in their grocery bag and immediately runs back to the line. After that student tags the next student in line, the activity continues. The teacher times the teams for 60 seconds, and the team with the most fruits and vegetables in their bag after 60 seconds, wins.

Closure:

Teacher's quote – "Whenever you go grocery shopping with your family, remember to include fruits and vegetables on your list."