



Go For Color



PHYSICAL ACTIVITIES FOR THE CLASSROOM

FRUIT AND VEGETABLE KNOTS

Activity Time
20-30 minutes

Equipment Needed
None

Skills Used
Cooperation, teamwork, balance
problem solving, movement

Preparation
Put students in groups of 5-8

Spatial Needs
Inside or outside

Recommended Group Size
Entire class, groups of 5-8

Overview

Students will work together as a team to untangle themselves after forming a human knot.

Directions

1. Have the students get into groups of 5-8 people. Assign each group to be a fruit or vegetable color such as red, green, blue/purple, white, or yellow/orange.
2. Instruct each student to hold the hand of someone who is not standing directly next to them.
3. Then instruct each student to take his or her other hand and hold the hand of a different person and name a fruit or vegetable from the color group that they are in. They cannot hold both hands with the same person.
4. When everyone is ready, the group has to try to untangle themselves by stepping over and crawling under each other until they are all untangled and back in a circle.
5. They cannot let go of their hands at any point. Some people may be facing inside the circle and others may be facing out.



4 FRUIT AND VEGETABLE CORNERS

Formation: Students grouped in four corners of the room. One person is chosen to be in the center of the room. One person is chosen to turn the light switch off and on.

Equipment: Blindfold or have teacher cover the eyes of the person in the middle.



Directions

1. Send students to the four corners of the room and assign a different color fruit or vegetable to each corner. Assign a student to turn the light switch off and on.
2. Blindfold the person standing in the center and begin counting to ten out loud. As you are counting, all of the students in each of the four corners must go to a different corner. They may go to any corner they wish, and they have 10 seconds to get there.
3. When you reach 10, turn the lights off and have students stay in that corner.
4. When everyone is in a corner, turn the lights on and ask the student who is blindfolded to pick one of the fruits or vegetables. After choosing a fruit or vegetable, everyone in that fruit or vegetable corner is out of the game and must come and do an activity of your choice (e.g. jumping jacks, running in place, sit-ups, push-ups etc.).
5. Then begin again by counting to 10. Play until there is one remaining student; that person gets to pick the fruit or vegetable in the next game. Rotate the student assigned to the light switch.



Brought to you by:

**Shasta County
Public Health**



Go For Color

NUTRITION ACTIVITY



Colorful Eating

You should eat colorful fruits and vegetables at each meal every day. Think about the five color groups:

Red



strawberries, red apples, tomatoes, red peppers

Blue/Purple



blackberries, plums, purple cabbage, purple grapes

Green



green grapes, green pears, broccoli, green beans

White



bananas, white peaches, cauliflower, potatoes

Yellow/Orange



apricots, oranges, carrots, sweet potatoes

Can you add colorful fruits and vegetables to Shawna's lunch?

Shawna
Lunch menu: ham and cheese sandwich, pretzels, cookies

Ways to add some color:	Color added:
1. _____	
2. _____	
3. _____	

In the next week I plan to add more color to my lunch by eating fruits and vegetables. I plan on adding more fruits and vegetables by _____

Signature _____

Adapted from: Colorful Eating, www.5aday.com



Brought to you by:

Shasta County Public Health