



HEALTH IS ACADEMIC



PHYSICAL ACTIVITIES FOR THE CLASSROOM

Grab the Flag and Promote Health

Activity Time

30 minutes

Equipment Needed

4 cones or other boundary markers
One flag (e.g., scarf, rag, piece of cloth, colored tissue streamer)
for each child.

Preparation

Establish a play space
(20 X 20 paces)

Spatial Needs

Inside or outside

Recommended Group Size

Entire class

Overview



Students will learn the health benefits of being physically active and eating more fruits and vegetables while trying to grab the flag from one another. Those who have had their flags pulled must name one benefit of eating more fruits and vegetables or one benefit of being physically active every day.

Directions

1. Briefly identify the health benefits of eating fruits and vegetables and being physically active. Write them on the board or a flip chart (provides the vitamins and minerals that you need every day to be healthy; decreases a future risk of diseases like heart disease, cancer, and type 2 diabetes; gives you energy; helps you to do better in school; helps you sleep better; helps you to have a healthy weight; helps to build healthy bones and muscles; improves strength; and reduces stress).
2. Give a flag to each child. Tuck the flag in at your hip (belt, waist band, pocket). Make sure that most of the flag is still showing and that it's not too tightly tucked in.
3. Have the students scatter within the 20 x 20 area identified by cones or other boundary markers.
4. The game starts when you turn on music, say go, or turn a light switch off and on. At that time, all the students are to walk quickly in the play area and try to pull other students' flags off and drop the flag to the ground.
5. Every 3 minutes, stop the game by stopping the music, saying stop, or turning the light switch off and on. When the game is stopped, everyone needs to freeze.
6. If your flag was pulled, you have to do 5 jumping jacks or push ups and say one health benefit of eating fruits and vegetables or being physically active to pick up your flag and get back into the game. (Younger children can just name their favorite fruit, vegetable, or physical activity.)
7. If you can't think of a health benefit, you will continue to do jumping jacks or push ups until someone saves you by doing jumping jacks or push ups with you and teaches you a health benefit.
8. Continue to play the game until all the health benefits of eating fruits and vegetables and being physically active have been shared. You can share the same health benefit more than once.
9. After the game, discuss the health benefits of eating fruits and vegetables and being physically active.



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NUTRITION ACTIVITY



EDIBLE PLANT PARTS

Did you know that all students need to eat 2 1/2 to 5 cups of fruits and vegetables every day? Fruits and vegetables have important vitamins and minerals that your body needs. They help you grow and stay healthy. Fruits and vegetables give you extra energy to do well in school and sports.

1. List your three favorite fruits and your three favorite vegetables.

My three favorite fruits are:

1. _____
2. _____
3. _____

My three favorite vegetables are:

1. _____
2. _____
3. _____

2. Now see if you can find your favorite fruits and vegetables in the lists below. When you find them, circle them.

FRUITS

Apples
 Apricots
 Avocados
 Bananas
 Bell Peppers
 Blackberries
 Blueberries
 Cantaloupe
 Cherries
 Cranberries
 Cucumbers
 Dates
 Eggplant
 Figs
 Grapes
 Kiwifruit
 Lemons
 Mangos

FRUITS

Oranges
 Papaya
 Peaches
 Pears
 Persimmons
 Pineapple
 Plums
 Pomegranates
 Pumpkins
 Raspberries
 Strawberries
 Squash
 Tangelos
 Tangerines
 Tomatoes
 Watermelon

LEAVES

Basil
 Brussels Sprouts
 Beet Greens
 Cabbage
 Chard
 Cilantro
 Endive
 Kale
 Lettuce
 Mustard Greens
 Onions
 Parsley
 Spinach
 Turnip Greens
 Watercress

TUBERS

Potatoes
 Yams

ROOTS

Beets
 Carrots
 Jicama
 Parsnips
 Radishes
 Rutabagas
 Sweet Potatoes
 Turnips

SEEDS

Black Beans
 Corn
 Lima Beans
 Kidney Beans
 Peas
 Pumpkin Seeds
 Sunflower Seeds

SEED PODS

Chili Peppers
 Green Beans
 Okra
 Snap Pea Pods
 Snow Pea Pods
 Wax Beans

STEMS

Asparagus
 Celery
 Leeks
 Green Onions
 Rhubarb

FLOWERS

Artichokes
 Broccoli
 Cauliflower

3. Which new fruit or vegetable would you like to try this week? _____

Adapted from 5 A Day Activity sheets at www.dole5aday.com

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