

Eat Your Colors

Physical Activity for K - 3rd Graders

Instructions:

1. Read each statement aloud to your students.
2. After each statement is read, allow students 30 seconds to go around the room to either find a partner who agrees with the statement or one with whom they can do the physical activity (as the case may be)
3. Students can only pair up with the same person once, so encourage them to move around the room to find new partners.

Find a friend in your classroom
who ate an orange within the last week.
<i>to do this activity with:</i> 10 arm circles forward, and 10 arm circles backward.
who likes mangoes .
<i>to do this activity with:</i> Jump as high as you can with feet together, then with feet apart, 10 times each.
who has tried eating eggplant before.
<i>to do this activity with:</i> Bend knees, touch your toes, jump up and reach for the sky 10 times each.
who knows why red fruits and vegetables, in particular, are healthy to eat. _____
<i>to do this activity with:</i> Jog in place for 15 seconds.
who can name three yellow fruits or vegetables. 1. _____ 2. _____ 3. _____
<i>to do this activity with:</i> 10 jumping jacks
who has talked to his or her parents about eating fruits and vegetables from all colors of the rainbow .
<i>to do this activity with:</i> Lift knees towards chest as you march in place 10 times on each foot.
who likes red apples better than green apples.
<i>to do this activity with:</i> Hop in place 20 times on each foot.
who likes green apples better than red apples.



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