



**NUTRITION**

From the Hart

Fruit & Veggie Game Pack

# Fruit & Veggie Matchmaker

## Materials Needed:

- 1 fruit or vegetable beanbag or plush toy per child
- Fun music

## Setting Up the Game:

- Get music ready. You'll want to start and stop using a remote or with your phone connected to a Bluetooth speaker.
- Give every child a beanbag or toy.
- Scatter children in the activity area.

## How to Play:

- This is Fruit & Veggie Matchmaker! The object of the game is to collect a high-5 from a partner that matches your fruit or veggie. There will be different ways to match – you'll have to listen closely.
- When the music starts, walk inside our activity area. You can walk anywhere you want as long as you stay inside our activity area. (Teachers, walking is best in a classroom. If you're in an open space or gym, you can prompt the students to skip or gallop.)
- When the music stops, listen to the matching instruction. For example I might say, "Find a fruit or veggie that is the same color as yours." As soon as you hear the instruction, quickly move to find a match and then give that person a high-5. You've collected 1 high-5!
- If you don't find a partner, you can come to me (teacher) and collect your high-5.
- When the music starts again, walk (skip or gallop) until you the music stops again. Then, listen for a new matching instruction.
- Sample matching instructions: Matching food groups (fruit or veggie); matching colors; match the first letter of your food's name; match sweet or savory.

## Essential Question:

- Can tell me which foods are fruits and which are vegetables?

## OPEN Priority Outcomes for Nutrition:

- **(Grade 1)** Identifies foods that promote good health.
- **(Grade 3)** Identifies the 5 basic food groups.
- **(Grade 4)** Identifies a variety of foods from each food group.