



FRUIT AND VEGGIE RUN

STUDENT TARGETS

- **Skill:** I will recognize many different fruits and vegetables.
- **Cognitive:** I will talk about foods that help my body stay healthy.
- **Fitness:** I will participate in physical education activities to make my heart beat faster.
- **Personal & Social Responsibility:** I will move safely around the running loop, staying in control of my movement and watching out for my classmates.

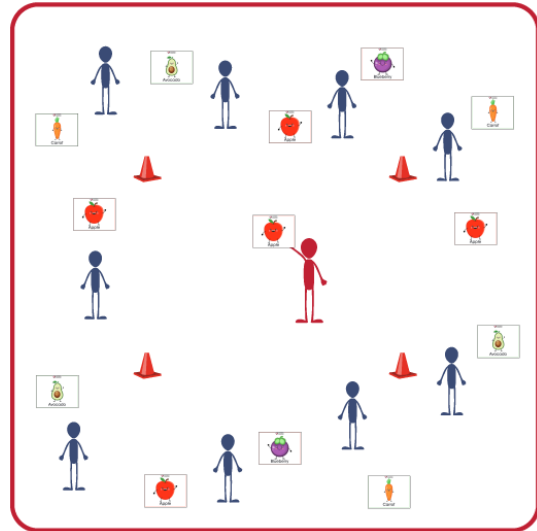
EQUIPMENT & SET-UP

Equipment:

- 4 to 16 cones to create a running loop/track
- Garden Heroes®, Fruit & Veggie Spots, or [Fun Fruit & Veggie Posters](#) (at least 1 per student)
- Music and music player

Set-Up:

- Use cones to set up a medium-sized running loop in the activity area.
- Scatter Garden Heroes® or Fruit & Veggie Posters or Spots throughout the running area of the running loop.
- Scatter students around the running loop.



ACTIVITY PROCEDURES

1. It's time for a fun Fruit and Veggie Run!
2. The object is to jog around the track while leaping over fun foods that help our bodies stay healthy.
3. When the music starts, everyone will begin jogging around the running loop.
4. Every 30 seconds, the music will pause and I'll call out a new type of food for you to look for, find, and leap over. I will call out things like "Fruits!" or "Vegetables!" or "Red Foods!" or "Green Vegetables!"
5. No one wants to eat food that has been stepped on! Be careful to leap over the fruits and veggies.
6. When the music restarts, continue jogging around our loop and listening for the next break when I'll call out a new type of food.

GRADE LEVEL PROGRESSION

- **K:** Start at a walking pace. Instruct students to step over the fruits and veggies rather than leap over them. As students demonstrate safe movement, increase the speed of the activity.
- **1:** Teach, demonstrate and practice leaping in general space before beginning this activity.
- **2:** Participate in the activities as written above.

TEACHING CUES

- **Cue 1:** Make sure your eyes are active. Stay aware of your classmates as you move and look for different fruits and veggies.
- **Cue 2:** Work at a jogging speed limit. Control your speed to control your movement.



FRUIT AND VEGGIE RUN (continued...)

UNIVERSAL DESIGN FOR LEARNING

- **UDL 1:** Have two sets of fruits and veggies. Hold up and display the type of food you want students to find.
- **UDL 2:** Allow students to move over or around the different food categories. In some cases you can have the students move slowly throughout the activity area and touch the foods that they are trying to identify.
- **UDL 3:** Use brightly colored cones and markers to create the running loop.

ACADEMIC LANGUAGE

Food Group, Fruit, Leap, Vegetable

PRIORITY OUTCOMES

Nutrition:

- **(K)** Recognizes that food provides energy for physical activities.
- **(1)** Identifies foods that promote good health.
- **(2)** Describes the specific roles that nutrition and physical activity play in overall good health.

Personal Responsibility & Safety

- **(K)** Follows directions for safe participation and proper use of equipment with minimal reminders.
- **(1)** Follows directions for safe participation and proper use of equipment without reminders.
- **(2)** Works independently and safely in physical education.

DEBRIEF QUESTIONS

- **DOK 1:** What foods belong on a list of fruits and vegetables?
- **DOK 2:** How does the food we eat help us stay physically active?
- **DOK 3:** How do fruits and vegetables help our bodies stay healthy?
- **DOK 3:** Why do you think it's important to eat a lot of different fruits and vegetables?