

Page 1 can be done with parent/ guardian.

## Warm Up: Set a timer for 2 minutes

- Super Banana Stretch: Lay on stomach and lift arms and legs off the floor up and down 10 times.
- Blueberry Roll: Sit on the floor and pull your knees to chest with your feet off the floor, hold for 10 seconds. Roll back and forth without your feet touching the ground. Repeat 10 times.

## Activity: Freeze Dance (5 minutes)

- Play your favorite music and dance. When the music stops, you must freeze.
- Other ways to play.
  - Whomever keeps dancing after the music stops is out. The last person 'in' wins.
  - Call out a fruit when the music stops and form that shape with your body.

## Nutrition

- Pineapples grow out of the ground instead of hanging from trees!
- Some fruits are common, and eaten often in the United States, such as apples, oranges and bananas. There are many other fruits besides these.
- Talk about some of the more unusual fruits that can be found in grocery stores:
  - Mangoes: peel first; eat the yellow flesh raw or put in smoothies or salsas; has large flat seed in middle
  - Kiwifruit: can eat the peel, or cut it in half and eat the flesh and seeds
  - Papaya: peel first; cut in half and eat the flesh and seeds
  - Star fruit: yellow-green; can eat the skin; has a star shape when cut up
  - Guava: cut up and eat raw

## Activity : Fruit Word Search

B	U	O	R	A	N	G	E
A	A	P	P	L	E	R	E
N	S	X	S	J	Y	A	U
A	M	L	O	Z	T	P	O
N	P	E	A	C	H	E	P
A	O	M	L	Y	D	G	G
L	M	O	E	O	F	O	T
K	Z	N	W	M	N	E	G

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APPLE

BANANA

GRAPE

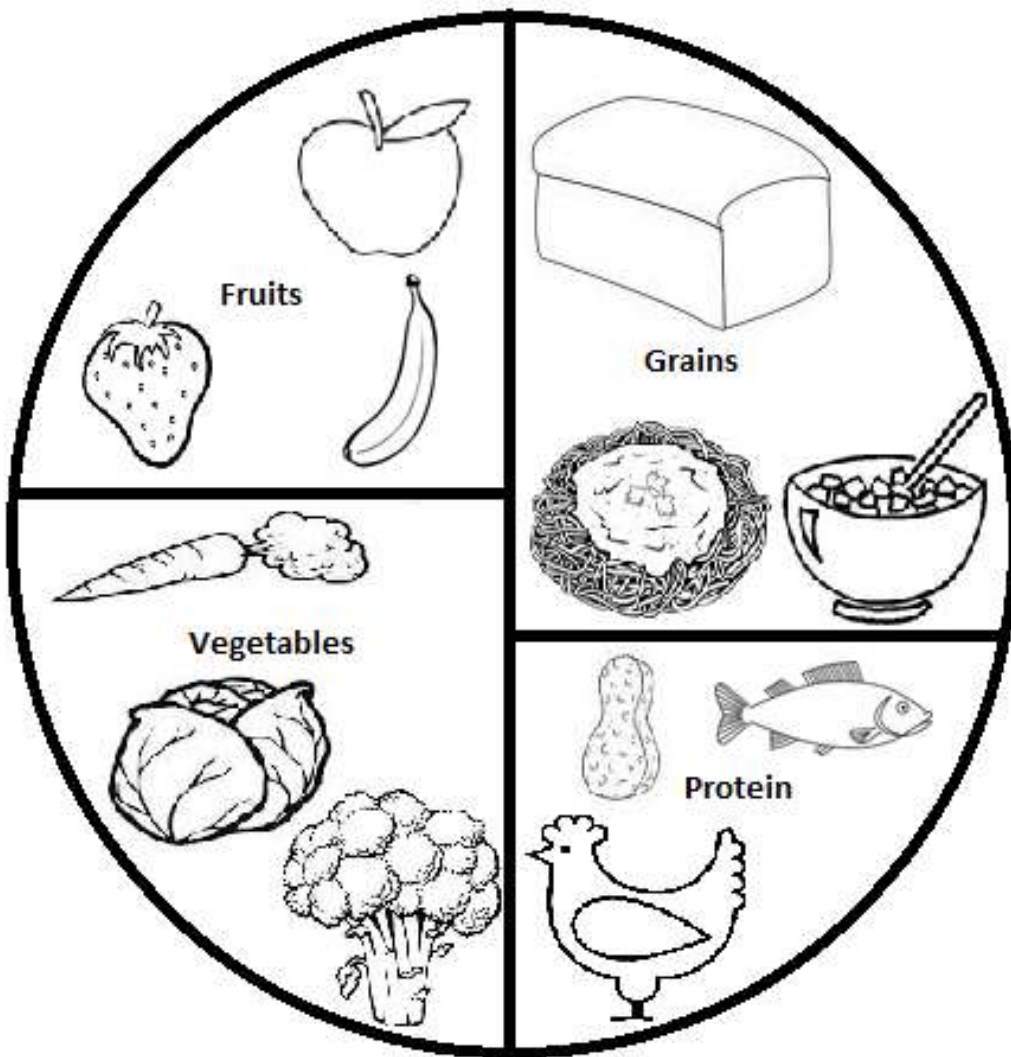
LEMON

PEACH

ORANGE

# My Plate

Color the items on your plate with the correct color.



Reflection/ Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Why is it important to eat your fruits?

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2. What are some of your favorite fruits?

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- Stretch #1: Reach down and touch your toes without bending your legs. Count to 10.
- Stretch #2: Reach arms forward and stretch your back. Count to 10.