

Family Fun: Fruits & Vegetables

These lessons are designed to be FUN, EDUCATIONAL, and ACTIVE. We want to give you a chance to get active as families and help you learn more about health, fitness, and nutrition along the way. Today we are going to learn about Fruits and Vegetables.

ACTIVE Into Ice Breaker: LaVida Tag

- Break the group into two.
- Have them line up shoulder to shoulder facing the other group about 10 feet away. (This should make two rows of people standing side by side looking at each other 10' apart.)
- Choose two people on the end. One is it the other gets chased. They have to run around and between the two lines of people until one is tagged.
- The person being chased can run up behind someone and push them forward into the middle where they become the one being chased. The person being chased can only make someone else run by pushing them into the middle from behind.
- Now "IT" is outside the rows and the other person is inside.
- Now add this rule; If you are in the rows you can turn around and face the person trying to push you in and not allow them to change positions with you by facing that person.
- Another option is to have the rows move until they are about 1 foot apart. (This makes it difficult for the person being chased).

ACTIVE Warm Up

- Everyone should line up and walk around your space 4 times. If you don't have a big space, you can also march/ jog in place for 2 min.
- **Do any additional warm ups needed to prepare yourselves for physical activity.**

ACTIVE Tag: Reverse Tag

- First you choose who is it. Then the people that are NOT IT count to five while the person that is IT Runs away.
- Then you go after "IT". Then when you tag them you become it then you have to run from everyone.
- (it is the same thing as regular tag but backwards!!)

ACTIVE Nutrition: Fruit and Vegetable Discussion

Everyone tells us that we need to eat our fruits and vegetables.

Does you know why?

- Low in calories, high in nutrients
- Provide many vitamins and minerals that keep our bodies working
- Supply plant chemicals that make us healthier
- Naturally low in fat, cholesterol and sodium
- High in fiber, so they make us feel full

What are some of your favorite fruits? What are some of your favorite vegetables? How do you eat them?

In order to feel your very best, try to eat as many fruits and vegetables as you can. Here are some ideas on how to get more fruits and vegetables into the family's diet.

- Add them into cooked dishes – Casserole, meat loaf, lasagna, enchiladas and many other dishes can be more appealing with grated carrots, zucchini or spinach. Shredded carrots and zucchini are also good in muffins and quick breads.
- Get creative with sauces – Fruit purees make great sauces for waffles and pancakes as well as grilled seafood or poultry.
- Put extra produce on staple items – Try doubling the veggies you normally put on sandwiches, tacos, burgers or pizza. You will notice that you do not need as much meat and it is just as delicious.
- Use dried fruits and vegetables – Cranberries, raisins, bananas, apricots and apples in their dried forms are great in salads, breads, casseroles and desserts. Go easy on dried fruits/vegetables though because they are more dense with calories than the fresh option—use a little for flavoring, color, and texture
- Make dips & spreads – Hummus, salsa, bean purees and fruit chutneys are all excellent alternatives to the less healthy cream-based dips and spreads.

ACTIVE Games

“Skee” Bean Bag Toss 2 hula hoops or baskets. 2 cones.

- Set up one tossing station per team
- Place 6 bean bags or items to throw at each hoop/ basket and have teams stand behind each cone
- The object of the game is for the team to get as many points as possible by tossing the bean bags into the scoring hoops (placed randomly around the play space)
- The person making the toss attempt has to stand on one foot, put his/her feet side by side or stand heel to toe
- Once the game starts, all team members in line must march in place while waiting for their turn
- Every time someone on the team stops marching in place (while not personally making a toss attempt) the team loses one point
- Once all bean bags have been tossed, the team with the highest score wins
- Repeat the activity multiple times

Family Fun: Fruits & Vegetables

Who Started That Exercise?

- Create one large circle with each person spaced out at least an arm's length on each side
- One person is chosen to be the "guesser" and goes to face the nearest corner of the play space
- Very quietly, the leader chooses an exercise leader and then calls the guesser to the middle of the circle
- The guesser will close his/her eyes and the exercise leader will begin doing a physical activity or exercise in place (jumping jacks, pushups, hopping, dancing, kicking feet, etc.) and immediately the rest of the circle will imitate his/her lead
- The guesser is then told to open his/her eyes
- Every 10 seconds or so, the exercise leader should change the activity (and everyone must start doing the new activity immediately)
- The guesser will have 3 guesses to pick out the exercise leader
- The guesser only has approximately 1 minute to use his/her guesses (give warnings as time is running out and give the guesser one last guess at the end, if he/she hasn't used all three yet)
- If the guesser correctly identifies the exercise leader in three guesses or less, he/she wins, if not, the group wins
- Repeat the activity several times, choosing new guessers and exercise leaders each time

ACTIVE Cool Down and Mission

- **Lead** the group in walking 2 laps and or light stretching while reviewing the nutrition lesson by asking them several questions about it.