

Purpose & SOL

- Students will familiarize themselves with a variety of fruits and vegetables and recall information from the text.
- Language Arts 1.9, 1.10, 1.13, 2.9

Materials

- *Muncha! Muncha! Muncha!* By Candice Fleming or *Eating the Rainbow* by Lois Ehlert
- Fruit or vegetable cards
(http://homeschoolcreations.com/files/Fruit_and_Vegetable_Matching_Cards.pdf)
- Open space to form a large circle

Length
25 min.

Introduction

Play a game of “Healthy or Not?” to prepare for the lesson. The teacher will describe a scenario and students will flex their muscles if it is a healthy choice or hang their head down if the choice is unhealthy. For example, *Ms. Smith rode her bike to school (everyone pretends to ride a bike) and sees an ice cream shop open on the corner. Ms. Smith walks into the shop (everyone walks in place) and orders a large ice cream. Is that choice healthy or not?*

Implementation**Exercise the Answer**

1. Generate a list of fruits and vegetables with the class and discuss their health benefits.
2. Take a picture walk (include some walking in place) with students and then read the story.
3. Throughout the story, ask students to point out the various types of fruits and vegetables.
4. The teacher will ask students if they learned any new fruits and vegetables that they didn't put on their list.
5. The teacher will introduce the picture cards for students. They will name each fruit/ vegetable so that students can recognize it.
6. The teacher will pair each student up and they will choose the same fruit/vegetable card.
7. The class will make a large circle. Partners will not stand next to one another.
8. One student will be chosen to be the “chef.”
9. The chef will stand in the center of the circle and call out a fruit or vegetable.
10. The partners that have that fruit/vegetable must try to switch places while the chef tries to take one of their spots.
11. If the chef is successful, the student that couldn't make it to the spot will be the new chef.
Play will continue until all vegetables/ fruits have been chosen or as long as time allows.

Cool Down

The teacher will call out names of fruits and vegetables. When the students holding those cards are called they will tiptoe as quiet as a plant back to their seat.

Modifications

Play this game in the garden!

