



Healthy Red Light, Green Light

Directions: Have students choose an open space to stand in place. Explain that you will be calling out a fruit or vegetable, and their job is to think of the color of the food and do the assigned move.

Green Food - Run in place as fast as you can - green means go!
broccoli, peas, spinach, limes, pears, lettuce, kale, cucumbers, zucchini, avocados, apples, kiwi, asparagus, cabbage, artichokes, brussel sprouts, grapes, green peppers

Yellow Food - March in place - yellow means slow down.
bananas, lemons, squash, pineapple, corn, mango, yellow peppers

Red Food - Freeze in place - red means stop!
strawberries, raspberries, cherries, red peppers, apples, cranberries, watermelon, tomatoes, radishes, pomegranates

Challenge Rounds:

Orange Food - Hop on two feet!
orange, carrot, cantaloupe, tangerines, clementines, sweet potatoes, pumpkin, peaches

Blue/Purple Food - Dance!
blueberries, grapes, plums, eggplant, beets, purple cabbage

If you make a mistake, do 5 jumping jacks and you can join back in the game!



