

## Day 2: Fruits

### FRUIT SALAD FOOT RACES

**TYPE OF ACTIVITY:** Outdoor

**KEY CONCEPT:** Eat a variety of foods



**OBJECTIVES:**

- › Children will practice gross motor skills while running, bending and picking-up fruits.
- › Children will identify and describe different fruits.

**MATERIALS:**

- › Plastic fruit models
- › Large bowls or baskets

**PROCEDURE:**

1. Spread fruit models around the playing area. Divide the children into several groups.
2. Have the groups gather behind a starting line, and tell the children that they are going to work together to collect fruits that make a pretend fruit salad. Show children the bowls or baskets where they will put their fruit.
3. Encourage group members to run out one at a time, pick up a fruit, and name it. As they run back to their team, remind them to put their fruit in the bowl or basket. If they don't know the name, encourage them to ask their group for help.
4. When all the fruits are collected, count the fruits they found for their fruit salad.



**ADAPTATIONS/EXTENSIONS:**

**Nutrition:** Make a fruit salad with the children. Talk about the fruits and tell them that fruits contain vitamins we need to be healthy. Invite them to prepare and taste the fruits.

**Language:** Make a favorite fruits book. Encourage children to draw pictures of their favorite fruits. Bind the pages together and share the book at story time.