Mix it Up Salad!

AGE/GRADE LEVEL: Youth, Grades 2-3

FORMATION: 2 semi-circles facing each other – forming a full circle

EQUIPMENT: Fruit and vegetable food models or pictures

RULES/DIRECTIONS:
1. Give students on one side of the circle a red, green, or yellow food model or picture; give students on other side an orange, blue, or white food model or picture.
2. Teacher calls out a color for each side and students with that color hop to the center of the circle to form a new, small inner circle.
3. Students in the inner circle face out and walk, skip, or hop around the circle one complete time – showing the students in the outer circle their mix of food for the salad.
4. Repeat with new colors to add to the existing salad or start over with new colors.
5. Mix specific fruits and vegetables in a salad; for example, ask students with models or pictures of strawberries and spinach or carrots and apples to hop to the center.
6. Teacher asks students to hop back to their original semi-circles. Repeat the cycle for at least 5 minutes.

VARIATION: Jumping Stir Fry! – Use pictures or models of vegetables and jumping in place (rather than hopping to the center) as the activity.

NUTRITION NOTE: Use with fruit and vegetable lesson.