Twelve Days of Produce

**AGE/GRADE LEVEL:** Youth, Grades 3-6; Teens; Adults and Older Adults

**FORMATION:** Standing or seated

**EQUIPMENT:** Posters of fruit and vegetable color groups or large sheets of colored paper (red, green, orange/yellow, blue/purple, white/tan); if needed, review the tune of “The 12 Days of Christmas”

**RULES/DIRECTIONS:**

1. Begin by participants or teacher assigning a movement to each color group; suggestions:
   - Stork stand (balance on one foot); cross punches; jumping jacks (adaptations: tap one foot out to the side for each “jack” or perform seated jumping jacks); raise the roof (arms); knee lifts; side stretches; jog/march in place; punches/jabs; kick to front; hula hoops (circle hips); jump rope (imaginary rope); muscle poses (biceps); scissors (feet apart, cross in front, feet apart, cross in back); squats.

2. Post a color/movement list on the wall (all on one poster or on colored papers with movements listed on them).

3. Sing “The 12 Days of Christmas” tune using the following lyrics: “On the first day of vibrant produce, my gardener gave to me…”
   - One brown tree
   - Two blue fruits
   - Three red vegetables
   - Four white fruits
   - Five green vegetables
   - Six orange fruits
   - Seven purple vegetables
   - Eight tan fruits
   - Nine blue vegetables
   - Ten red fruits
   - Eleven yellow vegetables
   - Twelve green fruits

4. Participants perform the movement that corresponds to the named color while shouting out as many of the fruits or vegetables of that color as possible.

**VARIATION:** Sing song through once for a shorter activity, or repeat each verse as in the original song.

*Energizers for Nutrition Education* was developed by Health and Nutrition staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Health and Nutrition, visit [www.extension.umn.edu/family/health-and-nutrition/](http://www.extension.umn.edu/family/health-and-nutrition/).