

Food Relay Game

Pre-K Standards:

- Life Science: L.PK.5
- Physical Development/Health: 1.PK.1, 2.PK.1, 2.Pk.2, 3.PK.1, 3.PK.2, 4.PK2.1, 1.PK.3, 1.PK.8



Instructions:

- Step 1: Sit in a circle and teach children the importance of fruit and vegetables
- Step 2: Print* out pictures of different fruit and vegetables (or use plastic models if available) and hang them/place them in different places around the room
- Step 3: Divide children into two groups and have one group “build” a fruit salad and one a veggie salad.
 - Children from each group will take turns choosing their own movements to get a picture for their salad. (Jump, crab walk, walk backwards, etc... to get picture)

Skills:

- Light cardio
- Light muscle strengthening

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