

Eat Your Colors

Physical Activity for 4th and 5th Graders

Instructions:

1. Go around the room and find someone who either agrees with a statement below or who will do one of the activities with you.
2. Have that person sign his or her name in the box next to the statement or activity.
3. Each person can only sign his or her name once on this sheet.
4. Get as many signatures as you can in 10 minutes.

Find a friend in your classroom	Friends Name
who ate an orange within the last week.	
<i>to do this activity with:</i> 10 arm circles forward, and 10 arm circles backward.	
who likes mangoes .	
<i>to do this activity with:</i> Jump as high as you can with feet together, then with feet apart, 10 times each.	
who has tried eating eggplant before.	
<i>to do this activity with:</i> Throw a ball back and forth with someone 5 times without dropping it.	
who knows why red fruits and vegetables, in particular, are healthy to eat. _____	
<i>to do this activity with:</i> Jog in place for 15 seconds.	
who can name three yellow fruits or vegetables. 1. _____ 2. _____ 3. _____	
<i>to do this activity with:</i> 10 jumping jacks	
who has talked to his or her parents about eating fruits and vegetables from all colors of the rainbow .	
<i>to do this activity with:</i> Lift knees towards chest as you march in place 10 times on each foot.	
who likes red apples better than green apples.	
<i>to do this activity with:</i> Pass a ball back and forth to someone 5 times, bouncing it once each time.	
who likes green apples better than red apples.	



Alameda County Public Health Department Nutrition Services 3600 Telegraph Ave. Oakland, CA 94609
 Funded by the U.S. Department of Agriculture's Food Stamp Program, an equal opportunity provider and employer,
 through the *California Nutrition Network for Healthy Active Families*.

For information about the California Food Stamp Program, please call 1-888-999-4772.