

# Eat Your Colors Obstacle Course

**Age Group:** K-5

**Time Needed:** 20 minutes

**Goal:** To reinforce the Eat Your Colors concept that will be conducted during the week of: .....

**Objectives Learned:** To familiarize students with facts about fruit and vegetables.

**Skills Learned:** Awareness of benefits of different fruits and vegetables / various endurance and strength exercises

**Equipment Needed:** Eat Your Colors Fun Facts, Cones, Jump Ropes, Hula Hoops, Balls, Soft surface to do sit-ups and push-ups, etc

**Set-Up:** Set up stations of various exercises that two or three people can do at a time. For example a jump station that has two or three jump ropes. Clearly number the stations so students know where to travel. Have the nutrition station as the last station. Split the groups into teams.

**Description:** The first player on each team waits for the signal to begin. Students run to the first station and perform the first challenge, following the course through the nutrition station. If they answer the questions correctly they get a point for their team. After completing the nutrition station they run back to their line and high five the next person in line. To keep it simple have the same amount of repetitions for each station (5 jumps with rope, 5 push ups, 5 spins of the hula hoop).

**Demonstrations:** Have a volunteer run through each station to demo how to complete the challenges.

**How Will You Know Children Understand And Are Ready To Start?** Students can repeat the order of the stations what the challenges entail.

**Variations:**

1. Have team go in pairs and perform cooperative challenges together.
2. Split groups into teams but have them working towards a common goal (10 points total for both teams to succeed).

## Eat Your Colors Fun Facts

These facts can be used as part of the obstacle course. The questions can be placed on index cards or be read out to the students.

1. Strawberries have an average of how many seeds?
  - a. 50 seeds
  - b. 200 seeds**
  - c. 300 seeds
2. Raisins...
  - a. grow underground
  - b. are dried grapes**
  - c. are vegetables
3. Watermelons grow on...
  - a. vines**
  - b. the ground
  - c. trees
4. Orange fruits and vegetables are good for you because they have a lot of Vitamin A which
  - a. helps your eyes stay healthy**
  - b. keeps your bones strong
  - c. helps you stay awake during the day
5. What color is the most popular fruit in the United States?
  - a. Red (apple)
  - b. Purple (grapes)
  - c. Yellow (banana)**
6. Sweet potatoes are orange and so they have a lot of this Vitamin or Mineral:
  - a. Calcium
  - b. Vitamin A**
  - c. Iron
7. Which vegetable is never sold canned, dried or frozen, only fresh? What color is it?
  - a. Lettuce (green)**
  - b. Corn (yellow)
  - c. Potato (white)
8. Potatoes grow...
  - a. underground**
  - b. on trees
  - c. on vines
9. How many colors of fruits and vegetables should you try to eat ?

- a. Three – red, white and blue
  - b. Four – red, orange, yellow and green
  - c. **Five – red, orange/yellow, green, blue/purple, and white**
10. Oranges have a lot of Vitamin C which helps
- a. keep you from getting sick
  - b. your skin stay healthy
  - c. **both a and b**

### **Bonus Riddles**

**Q:** What kind of table makes a good snack? A **vegetable**.

**Q:** What fruit always travels in groups of two? **Pears**.

**Q:** What kind of toes do people like to eat? **Tomatoes and Potatoes**.

**Q:** Which vegetable's name and first letter sound the same? **Pea**.

**Q:** How do you make a strawberry shake? Take it to a scary movie.

**Q:** What did the banana do when it saw the ice cream? It split.