

# Fruit Basket, Veggie Tray, or Mush Pot

## Summary

Students will learn the difference between fruits and vegetables, and will be able to name them.

## Main Core Tie

Health Education - 4th Grade

[Strand 5: NUTRITION \(N\) Standard 4.N.1:](#)

## Additional Core Ties

Health Education - 5th Grade

[Strand 5: NUTRITION \(N\) Standard 5.N.2:](#)

## Materials

Cones to set up boundaries

## Student Prior Knowledge

That fruits and vegetables play an important role in healthy nutrition.

## Intended Learning Outcomes

Learn the difference between fruits and vegetables along with knowing the different variety of fruits and vegetables that are available to them.

## Instructional Procedures

Choose one student to be the fruit produce manager and one student to be the vegetable produce manager. They are the taggers and must run around and tag the other participants.

If a student gets tagged, by either the fruit or vegetable produce manager, s/he must freeze in place.

The manager (fruit or veggie) then asks the frozen participant to name either a fruit or a vegetable (depending on who the manager is that has tagged them). If s/he responds immediately with the name of a type of fruit or vegetable that has not been used yet, s/he gets to return to the game. If the youth does not respond immediately (10 sec.) or s/he names a fruit or vegetable that has already been said, s/he must go into the mush pot until the game is over.

Play continues until all participants are in the mush pot. The last two persons tagged is "IT" for the next round.

## Authors

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