



University of Rhode Island SNAP-Ed Program Nutrition/Physical Activity Game Would You Rather...?

Learning Objective:

- Students will learn about how fruits and vegetables help their bodies while being physically active.

Description:

- This group activity involves the whole class and can be used in a classroom or the gym as a warm-up before a health or PE class. Students become “human tally marks” and move from one side of the room to the other as they answer various questions. This activity can be connected to the math curriculum.

Materials:

- “Would You Rather?” activity folder containing this direction sheet and 6 laminated pages

Directions:

1. Divide the class in half. Ask students to line up at opposite ends of the room facing each other (towards the center of the room).
2. Read the introduction. For example:
“Today we are talking about green fruits and vegetables. Green fruits and vegetables help move food through your body for a healthy stomach.”
3. Ask the students a question. For example:
“Would you rather eat broccoli or green beans?”

Designate one side of the room for the students who chose broccoli and the opposite side for those who like green beans. Students then move to the correct side.

4. Assign a student to make observations and report the data. Prompt the reporter to make statements as follows:
SAY→ Let’s talk about our results and look at what the data shows.
ASK→ How many children like broccoli?
ASK→ How many children like green beans?
REPORTER SAYS→ There are 15 kids who like broccoli and 10 who prefer green beans.
ASK→ How many more kids prefer broccoli instead of green beans?
REPORTER SAYS→ There are 5 more kids who like broccoli better than green beans.
ASK→ Which vegetable is more popular?
REPORTER SAYS→ broccoli
5. Read the Fun Fact for each vegetable.

GREEN

Introduction:

SAY→ Today we are talking about green fruits and vegetables. Green fruits and vegetables help move food through your body for a healthy stomach.

ASK→ **Would you rather eat broccoli or green beans?**

Fun Fact: Broccoli – Almost all the broccoli produced in the US is grown in California.

Fun Fact: Green beans – Green beans are not just green! They can be yellow, purple or even speckled with red.

ASK→ **Would you rather eat green grapes or kiwi?**

Fun Fact: Green grapes – Green grapes grow on a vine and are about 80% water. “Sultanas” or “Golden Raisins” are made from dried, green grapes.

Fun Fact: Kiwi – Kiwis are named after the fuzzy brown kiwi bird which is the national bird of New Zealand.

ASK→ **Would you rather eat salad greens or cucumbers?**

Fun Fact: Salad greens – Lettuce is the second most popular vegetable in the USA. Potatoes are in first place.

Fun Fact: Cucumber – Cucumbers are very easy to grow in the summer in Rhode Island. Pickles are made from cucumbers.

ASK→ **Would you rather eat a green apple or a green pear?**

Fun Fact: Green apple – The most popular type of green apples are called “Granny Smith.” Apple trees can live to be 100 years old.

Fun Fact: Green pear – Most of the nutrients in a pear are in the skin or just below the skin so don’t peel this fruit.

RED

Introduction:

SAY→ Today we are talking about red fruits and vegetables. Red fruits and vegetables keep your heart strong.

ASK→ **Would you rather eat strawberries or raspberries?**

Fun Fact: Strawberry – The average strawberry has 200 seeds on the outside.

Fun Fact: Raspberry – Russia is the biggest producer of raspberries in the world.

ASK→ **Would you rather eat tomatoes or peppers?**

Fun Fact: Tomato – Scientists call a tomato a fruit, but when it comes to nutrition, it is considered a vegetable.

Fun Fact: Peppers – Peppers can be red, orange, yellow, green or purple. Try tasting the different colors with dip to see which one you like best!

ASK→ **Would you rather eat watermelon or cherries?**

Fun Fact: Watermelon – The World's heaviest watermelon so far weighed in at 350 pounds!

Fun Fact: Cherry – The average cherry tree has 7,000 cherries!

ASK→ **Would you rather eat a red potato or a radish?**

Fun Fact: Red potato – Red potatoes are full of vitamin B6 which gives your body energy.

Fun Fact: Radish – In Mexico, a radish festival takes place every December. Sculptors create works of art using very large radishes.

YELLOW and ORANGE

Introduction:

SAY→ Today we are talking about yellow and orange fruits and vegetables. Yellow and orange fruits and vegetables keep your eyes healthy, your skin glowing and helps to keep you from getting a cold.

ASK→ **Would you rather eat carrots or a sweet potato?**

Fun Fact: Carrot – Orange veggies like carrots are good for your eyes and can help you see in the dark.

Fun Fact: Sweet potato – Sweet potatoes are considered to be a “superfood” because they are loaded with fiber, vitamins and minerals.

ASK→ **Would you rather eat an orange or pineapple?**

Fun Fact: Orange – Orange peels can be sprinkled in a garden to help keep bugs away.

Fun Fact: Pineapple – A pineapple grows as a small shrub. One pineapple can take over 2 years to grow.

ASK→ **Would you rather eat corn or butternut squash?**

Fun Fact: Corn – Corn is used for many non-food items such as fireworks, shoe polish and sandpaper.

Fun Fact: Butternut squash – Butternut squash is orange and has a sweet, nutty taste like pumpkin.

ASK→ **Would you rather eat mango or cantaloupe?**

Fun Fact: Mango – In some cultures, giving someone a basket of mangoes is considered a gesture of friendship.

Fun Fact: Cantaloupe – Cantaloupes are sometimes called muskmelons.

PURPLE and BLUE

Introduction:

SAY→ Today we are talking about purple and blue fruits and vegetables. Purple and blue fruits and vegetables help your brain learn and remember.

ASK→ **Would you rather eat blueberries or blackberries?**

Fun Fact: Blueberry – Blueberries are considered to be a “superfood” and they can help fight disease.

Fun Fact: Blackberry – Blackberries can boost your brain power. They help you learn and remember.

ASK→ **Would you rather eat eggplant or purple cabbage?**

Fun Fact: Eggplant- Eggplant can be cooked many different ways. Some people eat it in place of meat or on pizza.

Fun Fact: Purple cabbage – Purple cabbage makes an excellent all natural dye for fabric.

ASK→ **Would you rather eat a plum or raisins?**

Fun Fact: Plum – The darker the skin of a plum is, the sweeter the taste will be. When they are dried, plums are called prunes.

Fun Fact: Raisins – Raisins are typically made by drying grapes in the sun. You can eat them as is, or use them in cooking and baking.

ASK→ **Would you rather eat a purple potato or purple asparagus?**

Fun Fact: Purple potato – The skin on a potato can be purple, red, brown or yellow. The skin contains fiber which helps food move through your body.

Fun Fact: Purple asparagus – You may have seen this as a green vegetable, but asparagus can be purple, too. It is a bit sweeter than green asparagus.

BROWN, TAN and WHITE

Introduction:

SAY→ Today we are talking about brown, tan and white fruits and vegetables. Brown, tan and white fruits and vegetables keep your muscles strong and keep your body safe against germs.

ASK→ **Would you rather eat a banana or coconut?**

Fun Fact: Banana – Did you know that bananas float in water?

Fun Fact: Coconut – In some countries, trained monkeys are used to harvest coconuts.

ASK→ **Would you rather eat mushrooms or cauliflower?**

Fun Fact: Mushroom – The average American eats four pounds of mushrooms per year. Try some on pizza!

Fun Fact: Cauliflower – This white veggie is broccoli's cousin. Some food companies are now using it to make rice.

ASK→ **Would you rather eat parsnips or turnips?**

Fun Fact: Parsnip – Parsnips are long and skinny and look like white carrots. They were used to sweeten jams and cakes before sugar was available.

Fun Fact: Turnip – Turnips are round, root vegetables which grow under the ground. They have been grown for over 4,000 years.

ASK→ **Would you rather eat garlic or onions?**

Fun Fact: Garlic – Using garlic in cooking can boost the flavor of many foods. Greek and Roman soldiers used to eat garlic before going to war.

Fun Fact: Onion – Onions can help sooth insect bites and burns on the skin.

PHYSICAL ACTIVITY

Introduction:

SAY→ Today we are talking about physical activity. You should get at least 60 minutes of physical activity every day to be healthy and strong.

NOTE: Once the children move to either side of the room, instruct them to perform the physical activity they chose.

1. **ASK**→ Would you rather do 10 jumping jacks or 10 lunges?
2. **ASK**→ Would you rather do 10 squats or 10 squat jumps?
3. **ASK**→ Would you rather do 10 arm circles or 10 jump shots?
4. **ASK**→ Would you rather hop on one foot 10 times or march in place and count to 10?
5. **ASK**→ Would you rather do 10 high knees or run in place and count to 10?
6. **ASK**→ Would you rather touch your toes 10 times or do 10 firecracker jumps?
7. **ASK**→ Would you rather dab or floss 10 times?
8. **ASK**→ Would you rather twist or disco dance 10 times?
9. **ASK**→ Would you rather do the moonwalk or tap dance 10 times?
10. **ASK**→ Would you rather do a “tree” yoga pose or a “warrior” yoga pose and count to 10?