



Energizer of the Month: Vitamin C Salad

*Play this fun classroom energizer with **lower grades** after the Harvest of the Month taste-test.*

Ready:

- Print and cut out the fruit cards on the following page, one for each student (you will probably have to print 2 or 3 copies of the cards) OR write the names of the fruits on index cards or scratch paper.
- Tell students: *Kiwifruit is one of the most nutrient-dense fruits, which means there are a lot of nutrients and vitamins packed into each small fruit. Kiwifruit has a lot of vitamin C, which helps keep our immune system strong, but there are lots of other fruits that also have vitamin C. Today we are going to pretend that we are different fruits containing vitamin C, and together we are going to make a healthy fruit salad.*

Set:

- Pass out the fruit cards, one to each student. Ask students if they have tried the fruit on their card.

Go:

- Have students stand up behind their desks and march in place.
- Tell students: *Now it's time to make our fruit salad. I'm going to be the chef and since I want to make sure I have lots of different colors in my salad, I'm going to call out colors one at a time. If I call out the color of your fruit, that means I've added you to the salad and you can start jumping around (tell kids to either jump next to their desk or carefully jump around the room). Keep jumping until everyone has been added to the salad.*
- Call out the following colors:
 - Red (strawberry, raspberry, pomegranate)
 - Orange (persimmon, papaya, cantaloupe, mango, orange, apricot, tangerine)
 - Yellow (pineapple, grapefruit)
 - Green (guava, kiwifruit)
 - Purple (blackberry, plum)
- Ask students to return to their desks and pass their card to the person next to them. Repeat cycle.

Modification:

- Call out the names of the fruits one at a time instead of the colors.



Kiwifruit



Persimmon



Papaya



Guava



Strawberries



Cantaloupe



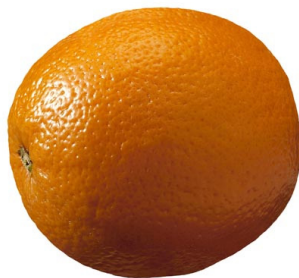
Blackberries



Raspberries



Grapefruit



Orange



Apricot



Mango



Pineapple



Pomegranate



Plum



Tangerine



Energizer of the Month: Vitamin C Mix-Up

Play this fun classroom energizer with **upper grades** after the Harvest of the Month taste-test.

Ready:

- Print and cut out the fruit cards on the previous page, one for each student (you will probably have to print 2 or 3 copies of the cards) OR write the names of the fruits on index cards or scratch paper.
- Tell students: *Kiwifruit is one of the most nutrient-dense fruits, which means there are a lot of nutrients and vitamins packed into each small fruit. Kiwifruit has a lot of vitamin C, which helps keep our immune system strong, but there are lots of other fruits that also have vitamin C.*

Set:

- Pass out the fruit cards, one to each student. Tell students not to let anyone else see their card. Ask students if they have tried the fruit on their card.

Go:

- Have students stand up behind their desks and push in their chairs.
- Tell students: *The object of this game is to find the other students in class that have the same vitamin C-rich fruit on their card, but the challenge is that you can only ask yes or no questions, and you can't say the name of your fruit. For example, you can't say "Are you a grapefruit?" but you can ask, "Are you a yellow citrus fruit?" Once you have found your partners, have a silent dance party.*
- Once all the students have found their partners, you can collect the cards and pass them out again to play another round, or...

Go Further:

- Challenge students to get in line alphabetically by the name of their fruit...*without talking!*