

Nutrition for Outside School Hours Care • another NAQ Nutrition program

## Materials

- Large open space
- Chairs (equal to total number of players, minus one)
- Loud music playing device
- A4 Sheets of paper (equal to number of chairs) with a picture of a different fruit or vegetable on each sheet

### Indoor/Outdoor

- Great game to play both indoors and outdoors

## Method

1. Clear a large space in the centre of the room.
2. Set up chairs in two horizontal lines so that the back of the chairs are touching. Then place two extra chairs at either end (see diagram below).
3. Place one sheet of the A4 paper on each chair
4. Start the music and have the children walk slowly around the outside of the chairs in a clockwise direction.
5. Stop music randomly. Once the music has stopped children have to rush to sit down on a chair before they are all taken!
6. Each child then has to name the fruit or vegetable on the A4 sheet on their chair.
7. If the child cannot name the fruit or vegetable they must give up their seat and are eliminated and the child that did not get a seat gets a chance to answer the same question for the seat.
8. If every child that has a seat can name the fruit or vegetable on their seat, the child that did not get a seat is eliminated.
9. Repeat this process, except remove a chair every time a child is eliminated from the game
10. The child who gets the last chair is the winner!

### Mixing things up!

Getting tired of the game? Here are some great tips on how to modify the game for more fun:

- Get the children to walk backwards while the music is playing.
- Every time the music stops the children have to do 5 star jumps before sitting down.
- Have the eliminated children help determine when the music stops – keeping them involved in the game!



### Substitutes

- If chairs are limited it is easy to use cushions or mats instead!
- Can't find a music device? Clap your hands or whistle a tune.
- If the children are getting good at identifying the fruit or vegetable, do it in reverse! Write down the name of the fruit and have the children describe what it looks, feels and taste like!

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**Not sure what types of questions to ask? Find some example questions and answers below!**

Fruit	Questions	Answers
<b>Apple</b>	<ol style="list-style-type: none"> <li>1) Is an apple a fruit or a vegetable?</li> <li>2) Are all apples green?</li> <li>3) How are apples grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Apples are a fruit.</li> <li>2) No, you can get both green and red apples! Which colour do you prefer?</li> <li>3) Apples grow on trees</li> </ol>
<b>Banana</b>	<ol style="list-style-type: none"> <li>1) Is a banana a fruit or a vegetable?</li> <li>2) What texture do bananas have when you're eating them?</li> <li>3) How are banana grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Bananas are a fruit.</li> <li>2) Bananas are a very mushy when you bite into them.</li> <li>3) Bananas are grown on trees in large, hanging bunches</li> </ol>
<b>Kiwi Fruit</b>	<ol style="list-style-type: none"> <li>1) Is a kiwi fruit a fruit or vegetable?</li> <li>2) When you cut a kiwi fruit in half, what colour do you find inside?</li> <li>3) How are kiwi fruits grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Kiwi fruit is a fruit.</li> <li>2) The most popular kiwi fruits are green inside BUT you can find kiwi fruits are golden inside!</li> <li>3) Kiwi fruits grown on vines. These vines can grow up to 10 metres long and have heart shaped leaves.</li> </ol>
<b>Passion Fruit</b>	<ol style="list-style-type: none"> <li>1) Is a passionfruit a fruit or vegetable?</li> <li>2) What type of texture does the inside of a passion fruit have?</li> <li>3) How is passionfruit grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Passionfruit is a fruit.</li> <li>2) Passionfruit has a really slippery, jelly like texture, except for when you get the seeds which are nice and crunchy!</li> <li>3) Passionfruit grow on a vine! You need to keep an eye on your passionfruit vines as they creep and climb over large objects.</li> </ol>
<b>Watermelon</b>	<ol style="list-style-type: none"> <li>1) Is a watermelon a fruit or a vegetable?</li> <li>2) When you cut a watermelon in half, what colour do you find inside?</li> <li>3) How are watermelons grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) A watermelon is a fruit.</li> <li>2) The outside of a watermelon is GREEN but the inside is RED (plus some black seeds)</li> <li>3) Watermelons are grown on along vine on the ground.</li> </ol>

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Vegetable	Questions	Answers
<b>Pumpkin</b>	<ol style="list-style-type: none"> <li>1) Is a pumpkin a fruit or a vegetable?</li> <li>2) Is pumpkin skin edible?</li> <li>3) How are pumpkins grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Pumpkin is a vegetable.</li> <li>2) Yes! Pumpkin skin is edible; however the skin can be very tough if not cooked thoroughly.</li> <li>3) Pumpkins grow on vines that can get quite long! These vines can grow up to 6-10 meters long. Similar to watermelon!</li> </ol>
<b>Capsicum</b>	<ol style="list-style-type: none"> <li>1) Is a capsicum a fruit or a vegetable?</li> <li>2) How many different colours do capsicums come in? What are these colours?</li> <li>3) How are capsicums grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Capsicum is a vegetable.</li> <li>2) You can get capsicums in 3 different colours. They are green, red and yellow!</li> <li>3) Capsicums are grown on a bush! This bush grows around 1 metre high and produces beautiful white flowers!</li> </ol>
<b>Egg Plant</b>	<ol style="list-style-type: none"> <li>1) Is an eggplant a fruit or vegetable?</li> <li>2) What is the best way to store eggplant?</li> <li>3) How are eggplants grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Eggplant is a vegetable.</li> <li>2) To keep eggplant fresh store it in the crisper draw of the fridge or place in an unsealed plastic bag in the fridge.</li> <li>3) Eggplants are grown on a bush and hang down off the leaves. They are very delicate during their growing period so need to be handled very gently</li> </ol>
<b>Zucchini</b>	<ol style="list-style-type: none"> <li>1) Is a zucchini a fruit or vegetable?</li> <li>2) How long do zucchinis grow?</li> <li>3) How are zucchinis grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Zucchini is a vegetable.</li> <li>2) Zucchinis grow up to 20cm long before being picked! It's important to pick them at the right time otherwise they balloon out even bigger but lose all their flavour.</li> <li>3) Zucchinis are grown on vine similar to pumpkins.</li> </ol>
<b>Corn</b>	<ol style="list-style-type: none"> <li>1) Is corn cob a fruit or vegetable?</li> <li>2) On average how many kernels (pieces) are on a cob of corn?</li> <li>3) How are corn cobs grown?</li> </ol>	<ol style="list-style-type: none"> <li>1) Corn cob is a vegetable</li> <li>2) On average a corn cob has 16 rows containing 800 kernels per cob!</li> <li>3) Corn cobs are grown on stalks and have a green, leafy covering before being picked.</li> </ol>





# Indoor Physical Activity – Fruity Chairs

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FS28\_Physical Activity Fruity Chairs

















