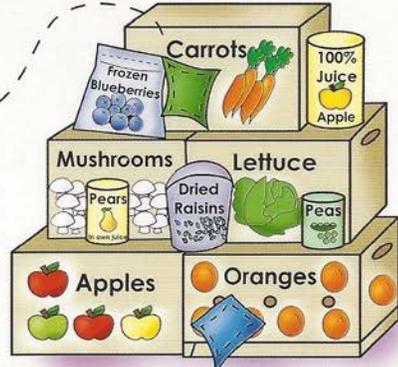
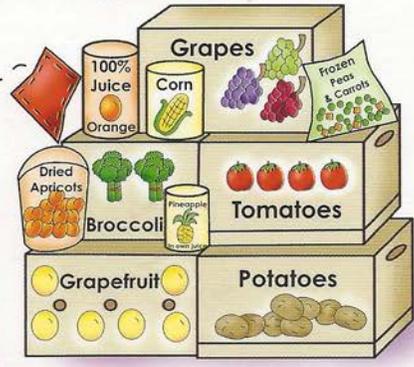


Bean Bag Brigade



LIBBY

Aim for healthy eating with fruits and veggies!





Bean Bag Brigade

Objective: To teach children the many ways that fruits and vegetables can be purchased and consumed: fresh, frozen, dried, canned, and 100% juice.

Activity #1 - Pyramid Toss...ages 2 - 4 🍎 *Gross Motor/Movement; Language/Dramatics*



Materials needed: Fruits and vegetables in various packaging - fresh, frozen, dried, canned, and in a 100% juice container.

5 - Seedie character bean bags or colored bean bags (blue/purple, green, white, yellow/orange, and red)

Set up a variety of pyramid stations made out of empty packaged fruits & vegetables. Have the children toss the bean bag at, over and around the designated packaging. Then have them name the fruit and/or vegetable.

Activity #2 - Pyramid Toss...ages 4 - 7 🍎 *Gross Motor/Movement; Language/Dramatics*



Same as Activity #1 above, but put the children in teams. Give the teams points every time they are able to hit a pre-selected fruit or vegetable.

Home Idea 🍎 *Sensory/Discovery; Fine Motor/Eye-Hand*



Together as a family, go to the grocery store and explore all the different areas where fruits and vegetables are located. Think of recipes you can make with the different forms of fruits and vegetables you find. Chant the **Action Verse** while you explore!



Action Verse 🍎 *Language/Dramatics*

While going down the grocery aisles, chant this verse and watch people smile!

(Hand runs up arm)
See the grocery cart go down the frozen food aisle;
(Extend arms out...like putting things in the cart)
Getting peas and broccoli with a smile.
(Hand runs up other arm)
Now point the cart towards juice, canned and dried foods;
(Extend arms out...like putting things in the cart)
Fruits and veggies put me in a good mood.
(Hand runs up other arm)
One more stop at the produce place;
(Extend arms out...like putting things in the cart)
Load up with fresh fruits and veggies like an ace!



Safety Tip 🍎 *Health & Safety*

Remember to teach children:

- 1 - Never throw or kick a bean bag at other children when they are not ready.
- 2 - Never put a bean bag near or inside their mouth.