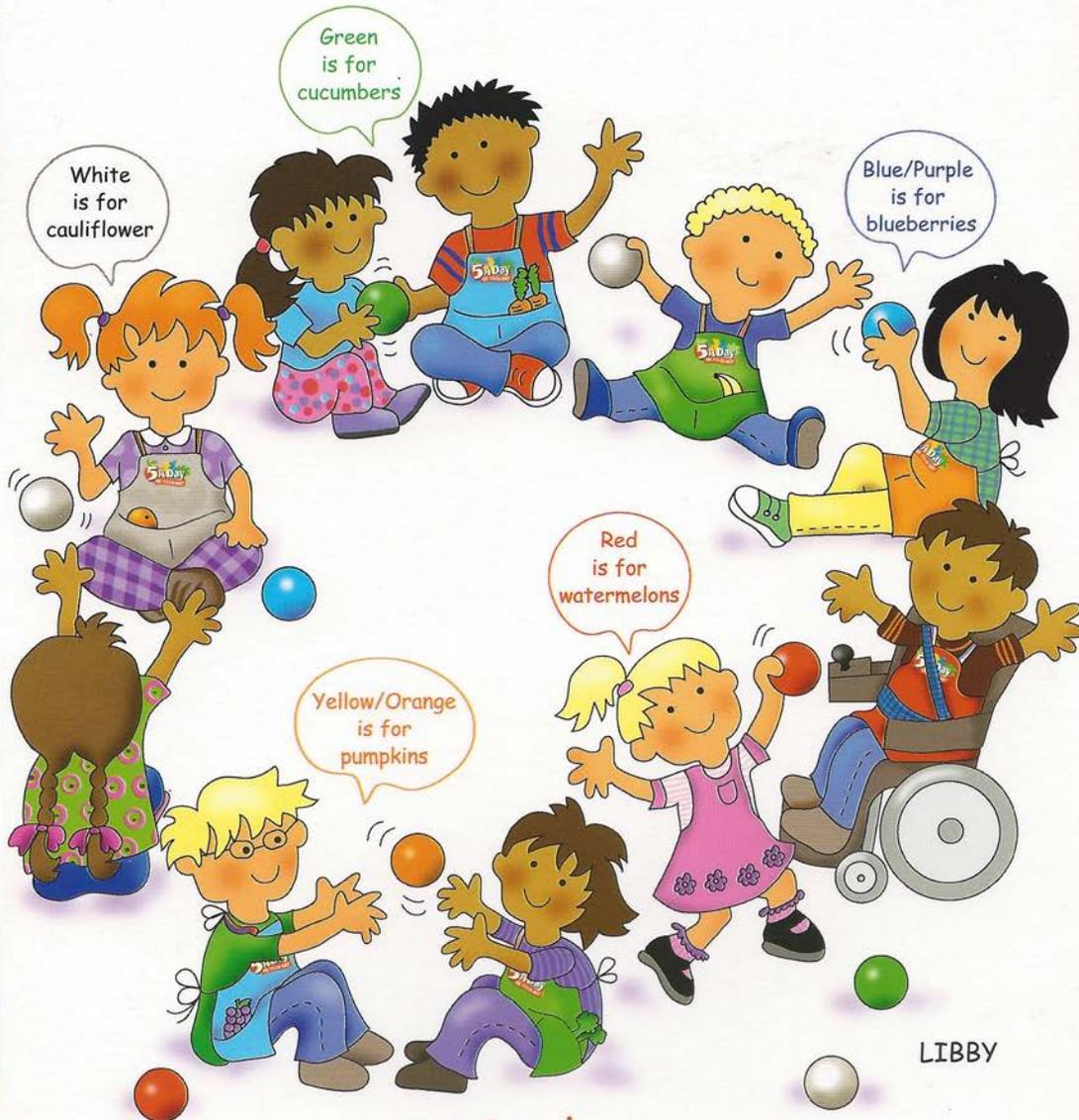


Melon Balls of Fun



Fruits and Vegetables help keep us healthy!





Melon Balls of Fun

Objective: To teach children the names of a variety of fruits and vegetables in the 5 color groups: blue/purple, green, white, yellow/orange, and red.

Activity # 1: Hot Potato...ages 2 - 4 🍎 Cognitive (Thinking/Logic); Sensory/Discovery



Materials needed: 5 - Colored fruit and veggie stress balls or other small colored balls (blue/purple, green, white, yellow/orange, and red)
5 - Color Way children's aprons*

Place one of the colored balls in each of the Color Way aprons-the green ball in the pocket of the green apron; the orange ball in the pocket of the orange apron, and so on. Select five children to wear the aprons. Have all the children sit in a circle. The five children wearing the aprons pull out of their pockets the matching colored ball, and start passing the balls in a clockwise circle while repeating the rhyme of: *One Potato, Two Potato, Three Potato, Four; Five Potato, Six Potato, Seven Potato MORE!* At the end of the rhyme the children holding the balls try to name a fruit or vegetable that is the same color as their ball. They also match the colors by finding the child wearing the same colored apron as their ball and place it back in their pockets. * Apron substitution: Match the ball to a same colored object in the room.

Activity # 2: Hot Potato...ages 4- 7 🍎 Gross Motor/Movement



Same as Activity #1, but with additional physical movement. After the children have finished the rhyme, they make themselves like a ball and do a forward front roll towards the child with the matching colored apron. Then the child stands and states the name of a fruit or vegetable in that color group.



Home Idea: 🍎 Sensory/Discovery; Fine Motor/Eye-Hand
Together as a family enjoy preparing and eating the following treat while doing the Action Verse. Enjoy!

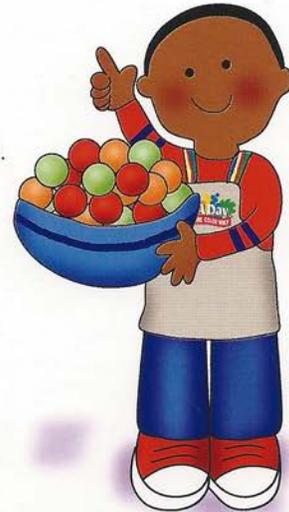
Melon Ball Salad

Create your own melon ball salad using three kinds of melons
Cantaloupe Honeydew Watermelon Add other fruits if desired.



Action Verse: 🍎 Language/Dramatics
While enjoying the Melon Ball Salad, chant the following verse:
(Shape hands to make ball)

A little ball, A bigger ball,
A great big melon ball for me!
See the colors of the fruit,
There's lots of variety
Now let's count the balls we've made,
Then we'll eat them! One, Two, Three!
(Point with one hand to count)



Safety Tips: 🍎 Health & Safety

Remember to teach children:
1 - Never throw any type of ball at other children when they are not ready.
2 - Never place a ball near or inside the your mouth.

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