

# Jumping Jacks And Healthy Snacks

Eating  
YELLOW/ORANGE  
fruits and veggies  
helps kids see  
well!



Eat a  
colorful mix of  
fruits and  
veggies every  
day to stay  
healthy!



Eating  
GREEN fruits  
and veggies helps  
kids build strong  
bones and teeth!



Eating  
RED fruits and  
veggies helps kids'  
hearts stay  
healthy!



Eating  
WHITE fruits  
and veggies helps  
kids to be active  
and fit!



Eating  
BLUE/PURPLE  
fruits and veggies  
helps kids learn  
and remember!



LIBBY

Fruits and Vegetables make us jump for joy!





## Jumping Jacks and Healthy Snacks

**Objective:** To teach children the importance of eating a colorful variety of fruits and vegetables every day.

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



**Materials needed:** 5 - Small colored jump ropes

While jumping rope or doing jumping jacks, repeat the following rhyme:

I jump for joy on my small feet; Fruits and vegetables I should eat!  
All five color groups are what I need; Eating my colors is good for me!  
1 - 2 - 3 - 4 - 5; Fruits and vegetables keep me alive!  
6 - 7 - 8 - 9-10; I'll eat all my colors tomorrow again!  
All five color groups are what I need; Eating my colors is good for me!



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



Same as Activity #1, but have the children jump on one foot, or jump in and out of a swinging jump rope, or play jump the rope.

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



Together as a family, cut up fresh colorful vegetables for a snack and use a small amount of low-fat plain yogurt or low-fat ranch dressing as a dip. Enjoy this tasty dip and crunchy treat while doing the **Action Verse**. NOTE: May be a choking hazard for children ages 3 and under.

### Vegetable Jump, Dip and Crunch

Cut up vegetables to serve with dip: purple peppers, broccoli, cauliflower, carrots, grape tomatoes.



**Action Verse** 🍎 Language/Dramatics

While children enjoy the dipped vegetables, the teacher can chant the following verse:

*(Bend both arms with the index finger on each hand pointing up, then down)*

I can eat one color, one color; I can eat one color today!

*(Bend both arms with two fingers on each hand pointing up, then down)*

I can eat two colors, two colors; I can eat two colors today!

*(Repeat as above for three and four colors)*

*(Then stretch both arms up with hands open while jumping up and down on both feet)*

I can eat all 5 colors, all 5 colors; I can eat all 5 colors on this fine day!



**Safety Tip** 🍎 Health & Safety

Remember to teach children:

- 1 - Always play with a jump rope in a large, safe area.
- 2 - Never place a jump rope around the neck or any part of the body.