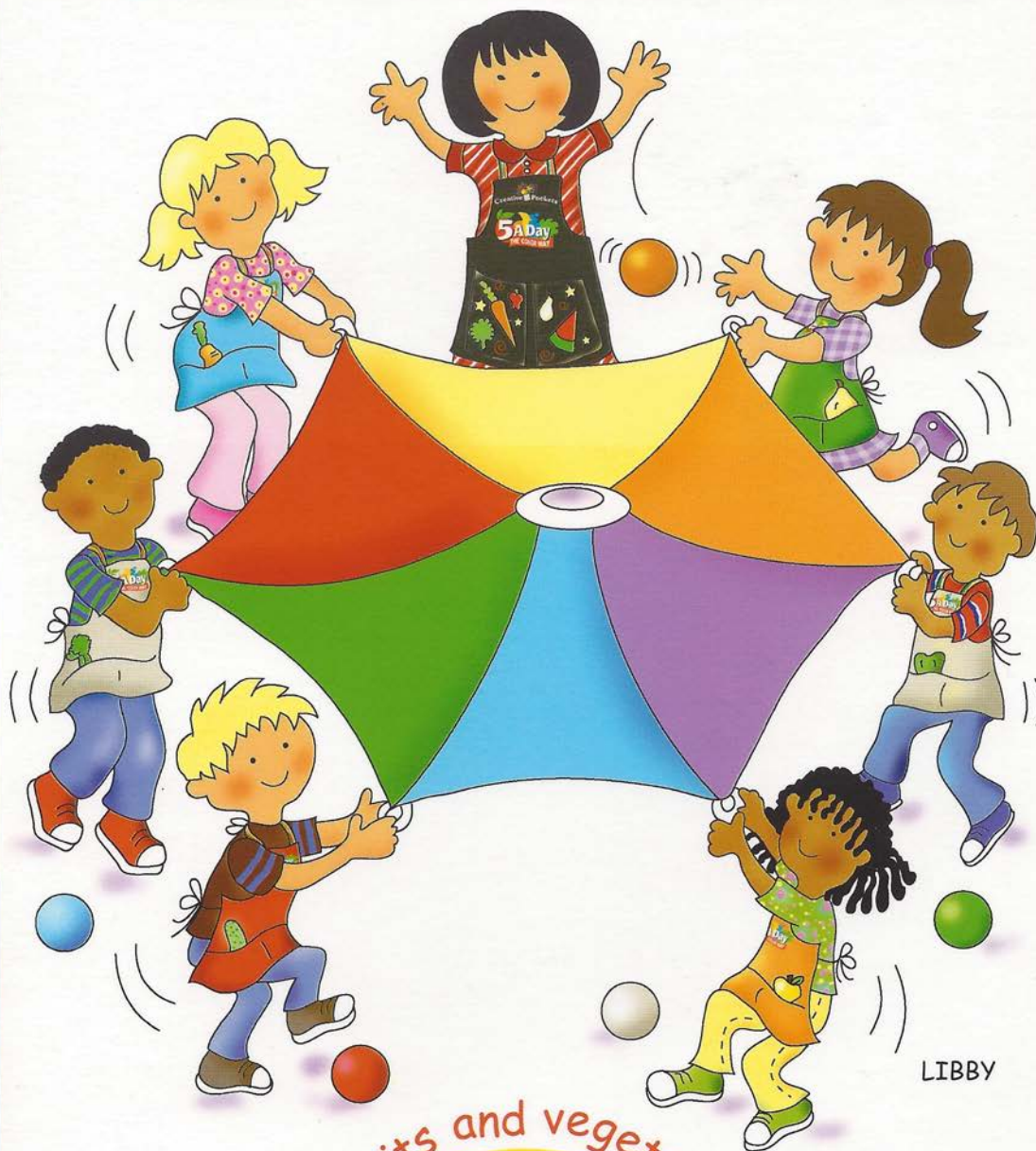


# Parachute Salad Toss



LIBBY

Eat colorful fruits and vegetables every day!





## Parachute Salad Toss

**Objective:** To teach children the many textures of fruits and vegetables, and encourage them to try them all.

**Activity # 1 - Ring Around the Rosie...ages 2 - 4** 🍎 *Gross Motor/Movement; Language/Dramatics*



**Materials needed:** 1 - Parachute or large colorful table cloth (not included in kit)  
5 - Colored fruit and veggie stress balls or other small colored balls (blue/purple, green, white, yellow/orange, and red)

Spread the parachute out, and have the children form a circle around the parachute and hold on to handles. Begin going around in circles clock wise. Throw out a ball on to the parachute. While it is bouncing up and down name a fruit or vegetable of that color. Name it's texture (smooth, bumpy, rough, fuzzy, etc.) Then have the children go around repeating this rhyme:

Ring Around the Rosie; A basket full of fruits;  
Apples, oranges we all eat some more!  
Ring Around the Rosie; A basket full of veggies;  
Tomatoes, potatoes we all eat some more!



Throw the parachute up tossing the ball, and then quickly sit on the ground.

**Activity # 2 - Ring Around the Rosie...ages 4 - 7** 🍎 *Gross Motor/Movement; Language/Dramatics*

Same as Activity #1, but have the children bounce more than one ball at a time on the parachute. Also, the children could move the parachute as a way to demonstrate the different textures of fruits and vegetables. For example, when a bumpy textured fruit or vegetable is used, the children could jump up and down while holding on to the parachute. When a smooth textured fruit or vegetable is used, the children could make the parachute wavy in a slow, up and down motion, etc.



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

Together as a family, create a delicious fruit medley by slicing up fresh fruit and tossing in various dried fruits. Then dip the yummy fruit in a low-fat vanilla yogurt. Enjoy while doing the Action Verse.



**Action Verse** 🍎 *Language/Dramatics*

While enjoying the fruit medley, chant the following verse:

I can stretch my arms out wide; I can swing from side to side  
I can kneel without a sound; And eat my fruit sitting on the ground.  
I can stand on tippy-toe; To reach for fruit to go.  
I can stomp so you can say; "Let's all eat The Color Way!"



**Safety Tips** 🍎 *Health & Safety*

Remember to teach children:

- 1 - Always play with a parachute in a large, safe area.
- 2 - Never place the parachute over a child's head.
- 3 - Never throw any type of ball at other children when they are not ready.
- 4 - Never place a ball near or inside their mouth.

