

# 5 A Day the Preschool Way

## 5 A Day and Physical Activity



# 5 A Day the Preschool Way



## Coconut Bowling

### Materials Needed

- 9 coconuts (can use cantaloupes or grapefruits, if coconuts are hard to find)
- Duct tape, chalk or string and stakes for forming the lanes.
- 30 clean, empty milk or orange juice cartons that have been taped closed.

### Prep Time

- 15 Minutes

### Set Up

- Use duct tape, chalk or string and stakes to form the lanes.
- Set up milk or juice cartons as bowling pins.

### Directions

- Each child receives 3 coconuts for bowling.
- Instruct the children to roll the coconut toward the cartons trying to knock down all the 'pins'. The teacher may need to demonstrate this for the children.

### Helpful Hints

- This is best suited for a hard, flat surface instead of grass.
- If the bowling ball is being thrown too hard, children can bowl from a kneeling position.
- If using taped milk or orange juice containers, discard once they are in poor repair or become visibly soiled.
- Alternate bowling pins: 16 – 24 ounce empty water bottles filled 1/3 full with sand and taped around the lid. The plastic bottles are sturdy and will tip easily, making a great bowling pin. Another possibility is empty tennis ball containers.
- When playing this game outside, it is important to take down the lanes as soon as the children are finished playing to prevent any tripping or protrusion hazards.
- While there may be some other containers suitable for making your bowling pins, keep the message consistent. Avoid using soda bottles, snack food or candy containers; they are not consistent with the message of good nutrition.

*Adapted from Dole 5 a Day Nutrition Adventures*

# 5 A Day the Preschool Way

## Citrus Tic-Tac-Toe



### Materials Needed

- 5 lemons (or limes)
- 5 small oranges
- Duct tape, masking tape (indoors) or string and stakes (outdoors)
- 3 orange cones (if available)

### Prep Time

- 10 Minutes

### Set Up

- Set up a large tic-tac-toe board on the floor or ground using duct tape or masking tape if indoors. Use string and stakes if outdoors. Each square should be about one foot wide.
- Use additional tape or orange cones to designate the tossing line.

### Directions

- Give each child 5 of the same type of citrus fruit when it is their turn.
- Tell children that the object of the game is to toss three in a row: diagonally, horizontally or vertically. The teacher can demonstrate.

### Helpful Hints

- Make sure children only throw underhand.
- This is best played on soft ground, preferably grass to prevent the fruit from rolling. If soft ground is not available, use a large area of carpeting.
- When playing this game outside, it is important to take down the tic-tac-toe grid as soon as the children are finished playing to prevent any tripping or protrusion hazards.
- Variation: To avoid using fresh fruits, the game board could be set up using pictures of fruits or vegetables within each square. The children could toss beanbags to get three in a row.

*Adapted from Dole 5 a Day Nutrition Adventures*

# 5 A Day the Preschool Way



## Carrot Hop

### Materials Needed

- 6 baskets or plastic bowls
- 9 carrots, plus extras
- 3 orange cones or duct tape

### Prep Time

- 10 Minutes

### Set Up

- Place three cones 10 feet apart marking the starting point. If cones are not available, use duct tape to mark the starting point.
- Place a basket/bowl in front of each cone.
- Place another 3 baskets/bowls with 3 carrots in them, approximately 20 ft. from the starting cones.

### Directions

- Have three children line up at the 3 cones or tape line.
- On the **GO** signal, children hop like rabbits to the basket/bowl, pick up one carrot and hop back to the orange cone, place the carrot in the basket/bowl, and repeat until all 3 carrots are in the basket in front of their starting place.

### Helpful Hints

- Make sure children hop with both feet together instead of running.
- Keep extra carrots on hand in case some of the carrots break.

*Adapted from Dole 5 a Day Nutrition Adventures*

# 5 A Day the Preschool Way

## Fruit-Flexibility



### Materials needed

- Pictures of fruits from Color Me Healthy or real fruit
- Music, if desired

### Directions

Children will stretch and move towards fruit to increase range of motion. These activities can be used for circle time or for rainy days. The following exercises require limited time and space. You can use pictures of fruits or real fruit if it is available.

- Place an apple at the front of the room, grapes on the left-hand side of the room, a peach on the right hand side of the room, and an orange at the back of the room. Have the children nod their heads once to the apple, then to the grapes, then to the orange and finally to the pear. Repeat activity six times.
- Use the same fruit placement as above. Have the children turn towards the fruit the teacher calls out. Repeat as desired. Using the same fruit placement have the children try balancing on one foot and pointing at the fruit with their toes. Add music to increase their enjoyment.
- Use the same fruit placement as above. Have the children wave their hands from apple to orange five times. Then, have them wave their hands from grapes to pear five times.
- Use the same fruit placement as above. Have the children point to each fruit with their elbows as the teacher names the fruit. Repeat using their knees to point towards the fruit called out by the teacher.<sup>1</sup>

You can vary this flexibility game by using pictures of vegetables or other fruits.

---

<sup>1</sup> Adapted from Arizona 5 A Day materials