

Activity: Fruit Salad/Veggie Salad

Objective: Physical activity while learning about new fruits and vegetables.

This game is played similarly to musical chairs. After each round the player that does not have a spot becomes the new leader.



Space Needs: Outdoors or gymnasium

Materials: Rubber floor spots

Set-Up:

- Place rubber floor spots in a large circle, with at least 6 ft between each spot.
- Make sure there is one less floor spot than the number of youths.

**Go to CLOCC.net/teamgames
to see a video demonstration!**

Steps:

- 1) Have youth stand at a rubber spot.
- 2) Assign a leader who will ask, “Do you want to start by making a fruit salad or a veggie salad?”
- 3) If the group selects fruit salad, assign everyone a fruit, alternating between just three different varieties. For example, use apple, orange, and banana.
If the group selects veggie salad, assign everyone a vegetable, again only using three varieties. For example, use carrot, lettuce, and tomato. Do not mix up fruits and vegetables in the same round
- 4) The leader starts in the center of the circle and calls out one of the fruits or vegetables being used in the game.
- 5) All youth who were assigned that fruit/vegetable must move positions and switch with another person who was assigned the same fruit/vegetable. For example, if the person in the middle says “banana”, all the “bananas” must switch places.
- 6) The last person left ends up in the center after each mix-up and is the next person to call the round.
- 7) If the person in the middle calls “Fruit Salad” or “Veggie Salad”, everyone moves and finds a new place to sit or stand.
- 8) Continue playing for as long as you like!