

Fruit and Vegetable Relays



The objective of this activity is to collect and sort as many fruit and vegetable containers as possible.

Supplies:

- Collect, empty, and clean a variety of boxes or cans of fruit/vegetables or juice. You could also use pictures/write names of fruits and vegetables to paste on small boxes (like empty milk cartons)
- You'll also need two large containers (such as milk crates or paper grocery bags) for each team; label one "fruit" and the other "vegetable"

How to Play:

1. Arrange the group into two or more teams and have each team line up on opposite sides of the gym/field/large open space
2. Place fruit/vegetable containers in the middle of the space, between the teams
3. On "Go!" each team member takes turns running to grab a fruit/vegetable container and returning to their team to sort the items. All team members should run in place, stretch, or do jumping jacks when waiting for their turn
4. The team with the most items, correctly sorted, wins

5. You can extend this activity by calling out specifications for the item to be sorted like saying "orange fruit" or "green vegetable". For older children you could take it a step further and say "Lots of vitamin C" or "lots of potassium"