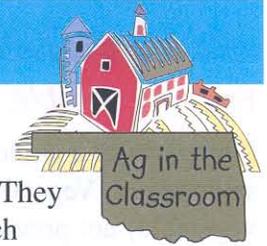


Play With Your Food



Fruits and Veggies

Players are divided into two equal lines, one called “fruit” and the other called “veggies.” They stand about five feet apart, facing each other on opposite sides of a center line. Behind each group of players and about 25 feet away, is a goal line.

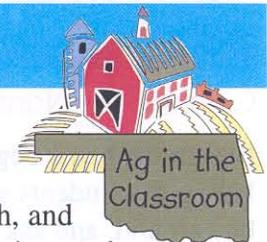
When the game leader calls out “Fruits!” that group turns and runs toward its own goal line, with the Veggies in pursuit. Any Fruit tagged before crossing the line joins the other side. The action continues with the leader giving each side a fairly even number of chances to chase their opponents.

Hidden Treasure

The leader takes a vegetable—an eggplant, an unusual squash, etc.—shows it to all the players and discusses what it is. Then the players leave the room, and the leader hides the vegetable in some location where it can be seen without the players having to lift or disturb other objects. On signal, the players come back in and search for the vegetables. As soon as any player sees any of the veggies, he or she whispers to the leader its location and then quietly takes a seat without telling any of the other players where the vegetable is. The game ends when all the players have found the vegetable and are seated.

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Play With Your Food



Observation

Place several different vegetables on a table. Have students stand around the table for one or two minutes and try to memorize the vegetables. Cover the vegetables with a table cloth, and have students write down as many as they can remember. After three or four minutes, call time and collect the lists. The player who has written correctly the greatest number of vegetables wins.

Garden Tag

One player is chosen as chaser. The chaser may tag any opponent who is not touching the ground with his or her hand (as if digging in the garden). A tagged player becomes the new chaser. Kids usually do not stay in the stooped position too long, but if one does, the chaser may stand within three to four feet of that kid and count to three. If the player does not move, he or she is considered tagged and becomes the new chaser during the next round of play.

Fruit and Vegetable Pairs (Mixer)

Leader cuts pictures of fruits and vegetables from magazines, and then cuts each picture in half. Each student is given half a picture, and then, on signal, all scurry about to find their partners.

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Play With Your Food

Fruit, Vegetable, Grain

Players sit in a circle, with one student (the caller) in the center. The caller points to any other student and says, "Fruit, Vegetable, Grain—Grain!" By the count of ten, the student must then name a grain (or fruit or vegetable) not previously mentioned. If successful, he or she sits in the center of the circle. If not, the same student remains in center, calling on a different student to name a specific food.

Variation: Root, Leaf, Fruit, Stem—The student in the center calls out "Root," "Leaf," "Fruit or Stem." By the count of ten, the student called upon must name a vegetable or fruit that meets the criteria called.

Garden is Ready

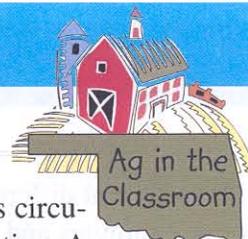
Students sit in chairs scattered around a room. Without telling the others what he or she has chosen, each student chooses the name of a vegetable that grows in the garden. One player serves as the gardener. He or she stands and says: "The garden is ready to harvest." Walking around the room, he or she calls out the names of various garden vegetables. When a player hears the name of his or her vegetable, he or she gets up and walks behind the gardener. When most of the vegetables have been called out of their seats, the gardener shouts: "Salad." At this the students must find new seats. The last student to find a seat becomes the new gardener.

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Play With Your Food

Guess My Name

Before the game begins, the leader cuts out pictures of fruits or vegetables. Then, without letting the students see the pictures, he or she pins one to each student's back. The students circulate around, and ask each other questions to try to identify the vegetables they are representing. Any question may be asked except the direct one, "What am I?" The first player to guess his or her vegetable is the winner, but the game continues until all or most of the players have guess what they are.

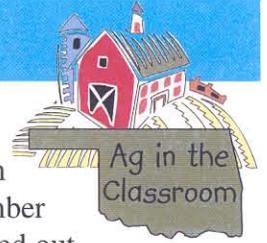


Color Call

Students form a circle, with one player in the center. The student in the center throws a beanbag to a player on the rim, and calls out a color. The player who catches the beanbag responds by naming a fruit or vegetable of the color called, and then throws the beanbag back to the center player while calling a new color. Now the student in the center must name an appropriate fruit or vegetable. The game goes on in this manner, with colors repeated, if necessary. When a player on the rim fails to catch the beanbag or cannot name a fruit or vegetable of the color called, he or she is eliminated. When the student in the center drops the beanbag or answers incorrectly, he or she leaves the game, and the questioner moves to the center. The game continues until one player remains—the winner.

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Play With Your Food



Rutabaga

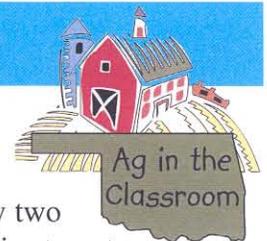
Bring a rutabaga and other tough-skinned fruits and vegetables to class. Have players sit in a circle and pass the rutabaga around as they count from left to right, starting with the number one. When the number five or any multiple of five comes up, the word "Rutabaga" is called out instead.

Match the other vegetables to different numbers, and play the game with different multiples.

Variation: Play the game with sevens. Whenever "Rutabaga" (or whatever) is called, the direction of the number-calling is reversed. If the game progresses into the 70s, the counting changes to "rutabaga 1, rutabaga 2," etc. Whenever a player makes a mistake, he or she gets one penalty point and starts the game from the beginning again.

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Play With Your Food



Tossed Salad

The players sit on chairs in a circle, with one player, the grocer, in the center. The grocer gives each of the others the name of a vegetable. He or she then calls out the names of any two vegetables. The two students with these names quickly exchange places, while the grocer tries to get one of their seats. Of the three, whoever does not find a seat becomes the grocer for the next round. At any time, the grocer may call out "Tossed Salad," and all the players scramble for new seats.

Fruit Basket (variation)

Students sit in a circle with one player in the center. The center player assigns the name of a fruit to various circle players. He or she calls out "All apples change places with all pears," or similar. While the two groups scramble to change places, he or she tries to get one of the seats. May also call out the name of several kinds of fruits at once. "Fruit basket turn over" means all students must change seats.

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