Rainbow Run! (20 minutes)

**Items needed for this activity:**
- List of fruits and vegetables from color groups (provided in this activity guide)
- Signs to designate color areas

**Activity set up:**
- A large area (inside or outside) where members can run back and forth between five color stations
- Label each color station with the provided color sign (blue/purple, green, white, yellow/orange, and red)

**Step 1: Information to share with club members (5 minutes)**
Eating five or more servings of colorful fruits and vegetables a day is part of an important plan for healthier living. Deeply-hued fruits and vegetables provide the wide range of vitamins, minerals, fiber, and phytochemicals your body needs to maintain good health and energy levels and reduce the risk of cancer and heart disease. Many of the phytochemicals and other compounds that make fruits and vegetables such healthy foods also give them their color. And, within each color group, each fruit and vegetable has benefits of its own. So, eat from each color group daily and try for variety within the color groups!

(The color groups and their benefits are listed below. Explain each color group’s benefit to members.)

- Blue/Purple: memory function, healthy aging
- Green: vision health, strong bones and teeth
- White: heart health, healthy cholesterol
- Yellow/Orange: heart health, vision health, immune system health
- Red: heart health, memory function

Great! Now that we know what these foods do for us, let’s see which foods belong to which groups.

(Source: [www.5aday.org](http://www.5aday.org))

**Step 2: Group Activity 1 (10 minutes)**
For this activity, we are going to use the five areas of the room that are labeled with signs stating different color groups. (Point out areas and signs).

Now, I am going to call out some different fruits and vegetables, one at a time. I want you each to move to the area of the room that matches the color of the food I call out. Some of these foods are common and you will know the color right away, but some are harder. We can learn about those foods together.

(You can vary this activity by having members run, walk, skip, gallop, hop, dance, or move in another way to the areas. After you call out a food name,
you can add the movement you want them to do.)

**Foods:**
- Blueberries (Blue/Purple)
- Avocados (Green)
- Cauliflower (White)
- Cherries (Red)
- Plums (Blue/Purple)
- Celery (Green)
- Pineapple (Yellow/Orange)
- Beets (Red)
- Carrots (Yellow/Orange)
- Spinach (Green)
- Mangoes (Yellow/Orange)
- Pomegranate (Red)
- Eggplant (Blue/Purple)
- Broccoli (Green)
- Radishes (Red)
- Dates (White)
- Peaches (Yellow/Orange)
- Onions (White)
- Kiwifruit (Green)
- Cranberries (Red)
- Elderberries (Blue/Purple)
- Arugula (Green)
- Pumpkin (Yellow/Orange)
- Tomatoes (Red)
- Peas (Green)

**Step 3: Information to share with club members (5 minutes)**

**Great job everyone!** We really got up and moving for that activity.

Now, let’s review MyPyramid quickly to make sure we all remember how many fruits and vegetable servings we need each day.

We’ll start with vegetables. Raise your hand if you are a girl aged 9 to 13. You need 2 cups of vegetables per day. Now raise your hand if you are a girl aged 14 to 18 OR a boy aged 9 to 13. You need 2 ½ cups of vegetables per day. Raise your hand if you are a boy aged 14 to 18. You need 3 cups of vegetables per day.

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Now, what about fruits? Can I have the 9 to 18 year old girls and the 9 to 13 year old boys raise their hands? You all need 1 ½ cups of fruit per day. Now, can the 14 to 18 year old boys raise their hands? You need 2 cups of fruit per day.

What counts as a cup of fruit? In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Great job everyone! Now we know how much fruit and vegetables we need each day. Remember to get all your servings in and try to eat a rainbow of fruits and vegetables each day to get all the benefits they give us!

Keep getting 60 minutes of physical activity each day! Exercise is another important part of being healthy!

**Get Up & Move!**