

## ACTIVITY WRITE-UP

### Name of Activity: Fruits and Veggies List A to Z

Type of modality	Interactive group game. Nutrition. Cooperative game.
Type of play	Shared cooperative between group members. Competitive active game against other groups.
Interaction pattern	Interpersonal.
# of participants required	4-8 per group. 5 groups minimum.
Equipment/supplies	Large poster paper. Markers.
Facilities required/environment	Hard surface to write on. Adequate space to work with.
Precautions	N/A

### Directions

1. Hand out poster paper and markers.
2. Instruct the groups to write out a list that consists of fruits and vegetables in alphabetical order.
3. Warn the groups that their fruit/vegetable must be unique amongst all the other groups; if another group has the same fruit/vegetable for A then points are not rewarded to either team.
4. Allow for 10 minutes for discussion and working together.
5. After allotted time is up, ask each group to reveal what they put for A, then B, then C and so forth.
6. Tally up which group scored the most points based on uniqueness of fruits or vegetables list.
7. Reflect with groups after activity and ask how they went about choosing fruits/vegetables that they thought were unique. How did they handle conflict (if there was any).

### Activity Analysis

Category	Skills
Primary body position	Standing or sitting.
Part of the body required	Hands
Movement	Grasping
Physical	Balance (dynamic sitting/standing)
Cognitive	Sustained attention. Multitasking. “Thinking outside of the box”

	Problem solving. Decision-making. Concentration.
Social	Interpersonal interactions. Social cues. Showing respect & warmth. Tolerance. Relating with equals. Regulating Behavior Relationships: Forming.
Perception	Auditory. Tactile. Sensory.
Communication/language	Reception/reciprocation of body language and speech.
Self-care	N/A
Psychological/emotional (possible)	Frustration. Ability to tolerate “losing” or “failure”

### **How to Simplify the Activity**

Hand out a list of possible fruits and vegetables to use.

Hand out pictures of fruits to stimulate a different perspective of thinking of fruits.

### **How to Make the Activity More Complex**

No talking allowed among the group members – everything must be silent and done with gestural cues.

### **Other Comments**