



# Physical Activity Promotion

## "Cruciferous Veggies"

### Equipment Needed:

- Wide, open area

### Step-By-Step:

#### *Pre-Explanation:*

- Designate a movement to a type of cruciferous veggie.
- For Example:
  - Broccoli—run in place
  - Cauliflower—walk in place
  - Cabbage—dance
  - Arugula—do jumping jacks
  - Rutabaga—crawl on knees
  - Turnips—spin around
  - Kale—high knee kicks
  - Brussels Sprouts—sit as if in a chair
- Explain to the students that when you call out one of these cruciferous veggie names, they are to do the corresponding movement.

- Also Include:
  - Watercress
  - Bok Choy
  - Mustard Greens
  - Collard Greens
  - Horseradish
  - Radishes
  - Kohlrabi

### Implementation:

- To begin the game, call out the name of a cruciferous veggie (it would be helpful to write all of the cruciferous veggies and their corresponding movement on the white board).
- The students should perform the corresponding movement to the cruciferous veggie that was called out.
- Mix it up and keep a fun, fast pace.

### Follow Up:

#### *Class discussion (to be used to integrate Harvest of the Month along with the physical activity):*

- What nutrients do cruciferous vegetables provide to your body to keep it healthy?
- How many different ways can you prepare cruciferous vegetables? What are they?
- What is your favorite type of cruciferous vegetable?

### Expansion Ideas:

#### *Use different variations depending on level of difficulty:*

- To decrease the level of difficulty, have the students perform movements that are more simple than the ones listed. For example: instead of performing high knee kicks, have the students do simple kicks.
- To increase level of difficulty, have the students walk around the area while performing the movement.

Adapted from the *Network for a Healthy California* Harvest of the Month Cycle I Educator Newsletter (Salad Greens): <http://www.harvestofthemonth.com>

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