Children's Museum
OF RICHMOND

# CONTINUE THE LEARNING




Thank you for spending time with the Children's Museum of Richmond. We hope you enjoyed your educational program, Food Superheroes!

To encourage learning to continue after your CMoR program, we invite you to try these activities to deepen students' understanding of the many benefits of eating fruits and vegetables.

## LESSON EXTENSIONS

- "Yummy Plate" art activity (included below)
- "Food Superhero" Training Game (included below)

## EXTRA RESOURCES

"Eating Colorful Fruits and Vegetables" Sesame Workshop
https://youtu.be/0pRh9aTLt-I?si=RG-u5ceXiPLJSFpz

"Eat the Rainbow" Physicians Committee
https://www.youtube.com/watch?v=L1StpMfMwXY

# ACTIVITY INSTRUCTIONS

## "MY YUMMY PLATE" Art Activity

Use this activity as a fun way to review healthy foods. Students can choose which healthy foods they love the most and glue them on their "Yummy Plate" sheet.

**Different ways to play:**
If students are older, they may want to draw the foods on the plate instead. Still give them the Food examples page to be inspired as they draw.

## "Food Superhero" Training game

This game can help students remember the exercise movements that they completed during the field trip program. Associating a movement with what you are trying to remember is a great tool for students as they are learning more challenging things!

**Different ways to play:**
Call out a color and have students try to remember what the movement is associated with it.
Call out a fruit or veggie and have students complete the movement that is associated with the color of that food.

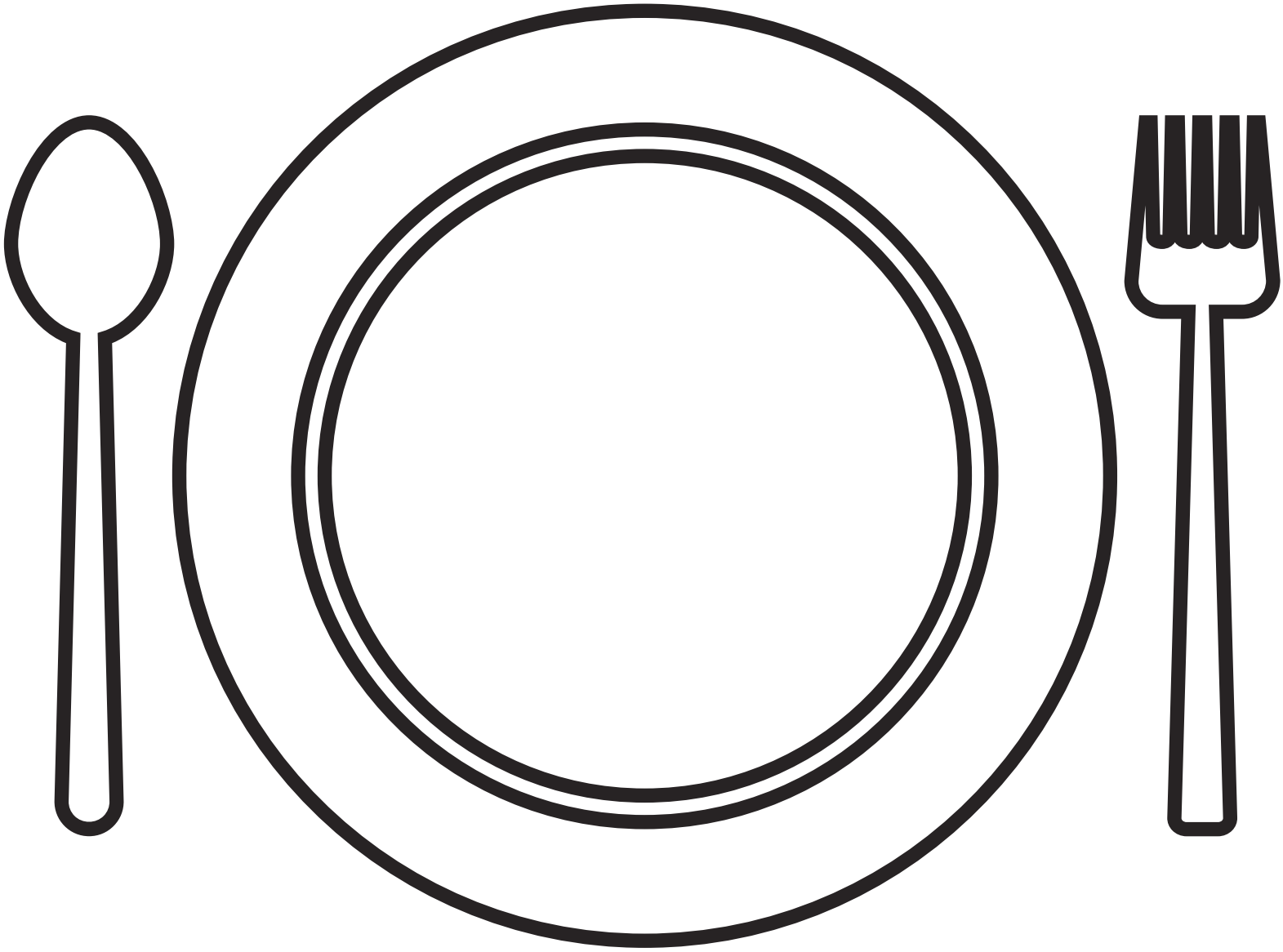
Children's Museum OF RICHMOND

NAME: _____

DATE: _____

# "MY YUMMY PLATE" ACTIVITY

Cut out food pieces on additional page (Choose which foods you prefer) and glue on this page to create your own “Yummy plate.” You may also choose to draw the foods instead of gluing them on the plate.

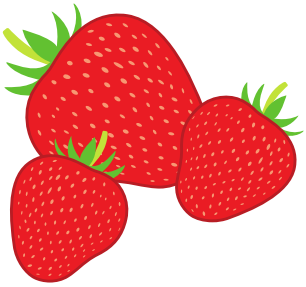


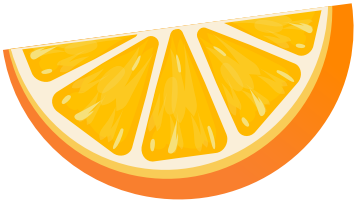
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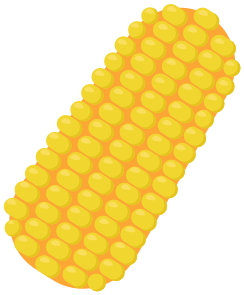
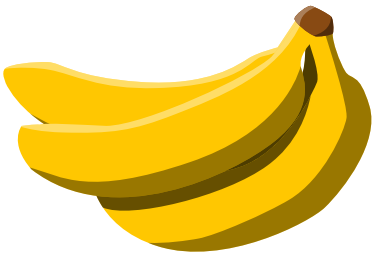
# "MY YUMMY PLATE" ACTIVITY

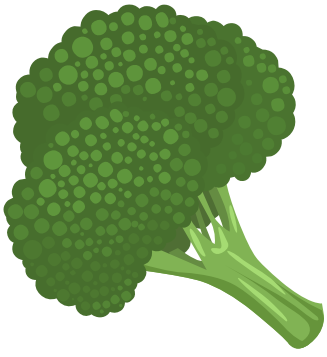
Cut out food pieces (chose which foods you prefer) and glue on the plate page to create your own “Yummy plate.”



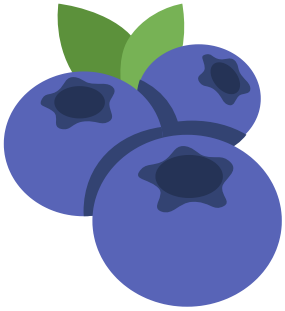
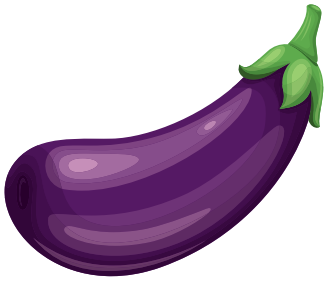
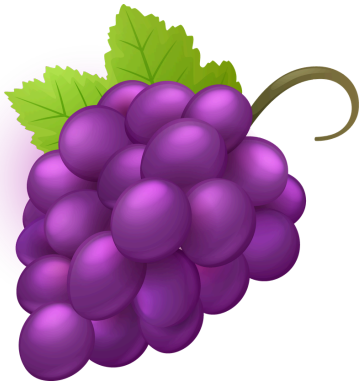








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# FOOD SUPERHERO TRAINING

1

Red Fruits and Veggies
Helps your body fight against germs so you don't get sick. They make your heart healthy so it can Tick- Tick-Tick.



Superpower move:
Put both hands on heart/chest and imitate a wild heartbeat

2

Orange Fruits and Veggies
Makes your tummy calm when it is feeling funny. They help eyes to see well whether it is dark or sunny.



Superpower move: Rub tummy and cup hands around eyes and look around the room, twisting body back and forth

3

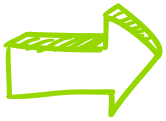
Yellow Fruits and Veggies
Helps your elbows and knees so you can JUMP. They help your heart beat THUMP-THUMP-THUMP



Superpower move: Bend knees to be low to the ground – hand motion of heart beating on chest slow and get faster and faster – JUMP HIGH!!

4

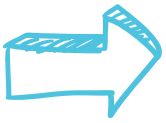
Green Fruits and Veggies
Helps keep your teeth and bones super strong



Superpower move: Touch feet with both hands and rise up slowly to the head. Then, touch your teeth and smile really big!

5

Blue, Indigo, Violet Fruits and Veggies
Helps your body feel better when sore. They make your brain calm so you can play more.



Superpower move: Sign Language for "Body" – Hands on shoulders, hands on hips
Sign Language for "Calm" - slowly press hands in a downward motion
Sign Language for "Brain" – tap two fingers on the side of head twice.