

P.A.C.K. Week Group Activity Guide



Dear Teacher/Educator:

As part of P.A.C.K. Week, consider engaging your class in fun group activities to help them learn about the health benefits of fruits and vegetables.

Here are some fun and educational activities to do prior to and during P.A.C.K. Week:

Prior to P.A.C.K. Week, get your class focused on fruits and vegetables by:

- Leading a group discussion of the health benefits of fruits and vegetables.
- Having them list as many fruits and vegetables as they can by the various color categories. They could then count or tally how many items they listed for each color group – purple/blue, white, red, yellow/orange, and green. Individually, they could tally how many from each color group that they've tried. You could challenge them to try one new item per color group during P.A.C.K. Week.
- Have your students brainstorm all of the different ways to get more fruits and vegetables into their day – remind them that all forms count: fresh, frozen, dried, canned and 100% juice.
- Have your students look through magazines or supermarket circulars and cut out pictures of the various colors of fruits and vegetables. Either individually or in small groups, they could create a rainbow collage out of the pictures.
- Download from www.welchs.com the Poster Coloring Activity Sheet, have your class color them in and then hang them in the classroom or around the school.
- Suggest that your students wear something of the color of the day i.e. a purple shirt on Pack Purple Day, white socks or hat on Pack White Day, etc.

During P.A.C.K. Week, consider trying some of these activities with your class:

- In the afternoon of each day of P.A.C.K. Week, refer back to the list of colorful fruits and vegetables that they created and mark off all of the different varieties of fruits and vegetables that your students packed for school that week.
- Chart how many different kinds of fruits and vegetables your class tried. Place the days of the week along the bottom on the x-axis and put numbers up the side along the y-axis. We've attached a template for use with older classes, so students can fill in the chart individually.
- Remind your students to wear something of the color of the day i.e. a purple shirt on Pack Purple Day, white socks or hat on Pack White Day, etc.

Have fun with fruits and vegetables and enjoy P.A.C.K. Week!



Pack More Fruits and Vegetables into Each Day!

