

Fuel your Activity Game

This week on Food Dudes Fun at Home we are learning about the importance of fruit and vegetables for fuelling our sports and activities. Sports stars are getting involved and telling us how important fruit and vegetables are to nourish our bodies and help us stay active to the best of our abilities. The Food Dudes have brought you a fruit and vegetable Fun at Home exercise game that will help us get active whilst learning about different types of fruit and vegetables. Food Dudes champion, Eoin Cadogan will be demonstrating some of the exercises in this week's video online.

Instructions:

- ✓ Firstly, ask children to design fruit and vegetable themed flash cards. Each card should have one type of fruit or vegetable on it. Alternatively, if your child has received the Food Dudes snap cards as a reward in school these can also be used.
- ✓ Each fruit or vegetable corresponds to a specific exercise on our Food Dudes Activity table (below). Some exercises have been demonstrated on this weeks Food is Fuel video online.
- ✓ Once each card is pulled out, the child has to complete the activity that the fruit or vegetable represents in order to win a point, each activity completed is worth one point.
- ✓ Keep going until you have completed the pile of flashcards you created (we suggest making approx. 20 flashcards based on the fruit and vegetables below).
- ✓ Add up the points at the end to find out who wins!

Create your cards:

- ✓ **What you will need:** Scissors, card or paper, markers, colouring pencils, paint or crayons.
- ✓ Why not include your whole family in the Food Dudes Fun exercise card game.
- ✓ If you want to make it harder, you can double or triple the time doing each exercise and get double or triple points! OR, if you want to make it easier, you can reduce the time or number of reps per exercise.
- ✓ **Remember:** Only ever exercise within your capabilities, everyone is different! The most important part is getting involved and having some fun.

Don't forget to follow us online with the hashtag **#FoodDudesFun** and show us all the Food Dudes exercises you are doing while staying at home!



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Food Dudes Activity Table

Fruit & Veg	Exercise
Tomatoes	Touch your toes and then reach to the sky 20 times
Broccoli	Bear Crawls for a count of 10
Spinach	Star jumps for a count of 10
Banana	Balance on your left leg for 10 seconds, then balance on your right leg for 10 seconds
Strawberry	Squats for a count of 10
Carrot	Crawl like a crab for 10 seconds
Cucumber	Cycle an imaginary bike while lying on the ground, with your hands and feet in the air for 20 seconds
Apple	Arm circles for 1 minute
Raspberry	Run on the spot for 20 seconds
Kiwi	Kick each leg in the air 10 times
Blueberry	Bend your knees and walk like a duck for the count of 10
Orange	Open your arms wide and twist your wrists for 20 sec in each direction
Parsnips	Punch the air for 20 seconds
Cabbage	Chair pose for 20 seconds with your arms over your head
Lettuce	Lunge on the spot, 10 times on each leg
Plum	Push ups on your knees 10 times
Melon	March like a soldier for count of 20
Peppers	Prepare to complete high knees on the spot for 20 seconds
Grapes	Grab a ball or large piece of fruit and lift it over your head ten times
Cauliflower	Crunches for a count of 10