

**FUEL UP WITH FRUITS AND VEGETABLES!**



**Red Pepper, Green Pepper, Chili Pepper**

Kids will learn to eat smart while playing this fun, active group game.



**PERFECT FOR...**

- Ages: 6–11
- Size of Group: 5–30
- Time: 15–30 minutes
- Setting: Outdoors

**MATERIALS**

None

**SETUP**

None

See “Make It Your Own” below for different ages, group sizes, and time available.

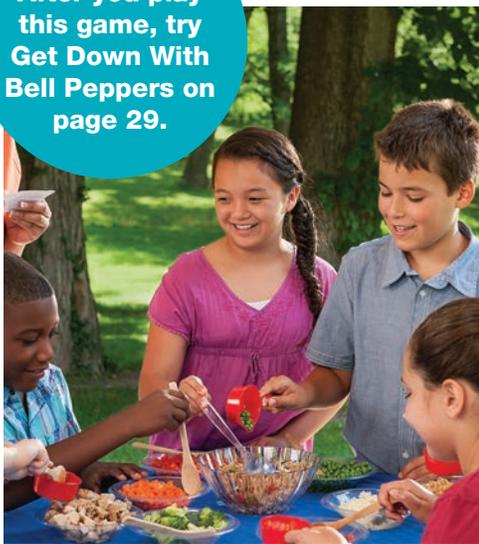
**STEP-BY-STEP DIRECTIONS**

- 1. SAY:** “Your body needs fuel to run, play, and be active. Fruits and vegetables can give your body the fuel you need to be your best. Today, we are going to play a fun game to get your body active. Who knows how to play Red Light, Green Light? This game is called Red Pepper, Green Pepper, Chili Pepper.”
- 2. DO:** Stand at the finish line. Have kids stand shoulder to shoulder at the starting line and face you.
- 3. PLAY:** When you face away from the kids and say “Green Pepper,” the kids run towards you. When you turn around and say, “Red Pepper,” they must stop. If anyone is caught still running, they go back to the starting line and start again. If you say “Chili Pepper” at any point, they have to dance or jump in place. The first player to reach you wins and becomes the “Pepper Master” for the next game.
- 4. WRAP UP:** “Even though this was a game, it teaches an important idea. Fuel your body with fruits and vegetables. Can you think of any other red and green fruits and vegetables?”

**OPTIONAL FOLLOWUP:**

- Invite family members to play.
- Play again with different red and green fruits and vegetables, like apples, pears, and tomatoes.

**Fun Tip:**  
After you play this game, try Get Down With Bell Peppers on page 29.



**Make It Your Own**

AGES	GROUP SIZE	TIME AVAILABLE
For younger kids, practice the directions once all together before playing the game.	For smaller groups, let each kid have a turn at being the leader.	If you have less time, call “Green Pepper” more often.
For older kids, call out red and green colored vegetables instead of peppers.	For bigger groups, spread out to a larger space.	If you have more time, follow up with the bell pepper tasting activity (p. 29).

**No materials? No time? No problem!**

Use this idea to manage how kids move while they wait in line! When you want the line to stop, say “Red Pepper.” When you want the line to go, say “Green Pepper.” When you want everyone to dance, say “Chili Pepper.”