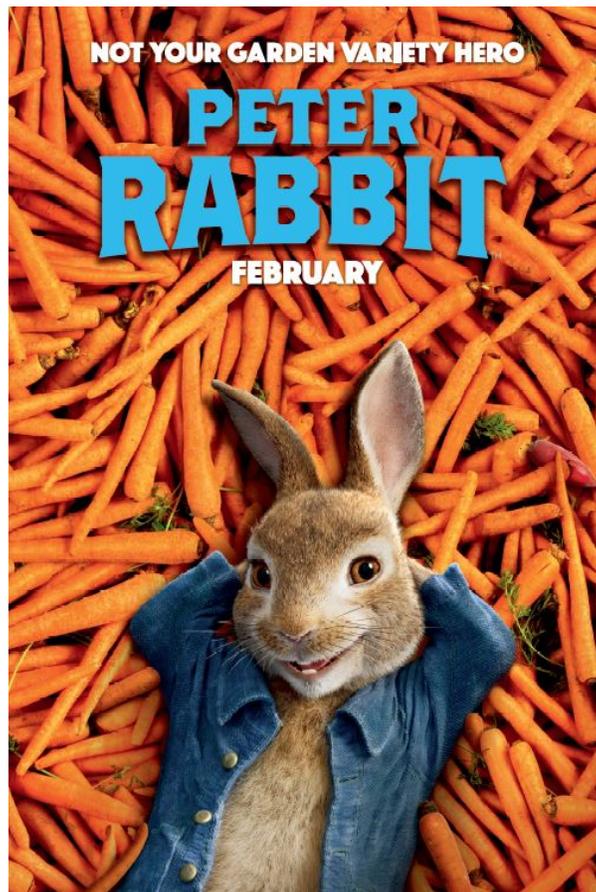




Reading Is  
Fundamental

## **PETER RABBIT HEALTHY EATING ACTIVITIES** **Get Kids Learning and Moving!**

We all adore Peter Rabbit, the mischievous and adventurous hero in the blue jacket who has an insatiable appetite for carrots and all things grown from Mr. McGregor's garden! **The classic book and now the movie PETER RABBIT present the perfect opportunity to engage children with healthy eating activities that will have them up on their feet and having fun!**



To get students more familiar with Peter Rabbit and his carrot-loving ways, you might want to show the trailer from the movie: <https://www.youtube.com/watch?v=3ittn4f0Em4>

You and your students might recognize that the voice of Peter Rabbit is from the always-charming TV host James Corden.

## PETER RABBIT HEALTH EATING ACTIVITIES

### The goal: Let's have fun while learning!

Developed by a registered dietician (RD/RDN), these engaging and educational lesson plans are designed to get children on a healthier path in 2018 by getting them to exercise and eat more vegetables. Per the [CDC](#), approximately 93% of children do not eat the recommended amount of vegetables. By presenting the nutrition information in a lively way that is relevant to them, children will be more likely to try vegetables on their own and to ask their parent or caregiver for vegetables in the home.

- Each plan/activity must be modifiable to account for age appropriateness and to maximize benefit of the lesson and information.
- Most of these lesson plans are interactive and some involve children moving around.

Please note that there are two sets of Healthy Eating activities. The first set is a series of **“Healthy Eating Activities,”** a series of fun games designed to get kids hopping like Peter Rabbit. The second part is **“Healthy Eating Lesson Plans”** that can be taught in a classroom.

### HEALTHY EATING ACTIVITIES: Get Kids Active and Engaged

#### “FROZEN” VEGGIE GAME

This game will get kids moving and learning about vegetables and fruit!

#### Directions:

- Prior to beginning, explain to the children that this game involves knowing the colors of different vegetables and fruits.
- Place red, orange, green and yellow colored oak tag paper on the floor across a room or activity area (e.g., gym). You can have more than one piece for each color.
- Tell the children that they should move around the room while music is playing. Once the music stops and you yell out “FROZEN VEGGIES!” each child must gather around one of the colored pieces of paper.
- Once everyone has stopped moving, the instructor will randomly pick out a color (e.g. “RED!”).
- The students standing by that color will then have to name two to three different vegetables with that color before the game can begin again. If using with a lower grade level, you can use fruits and vegetables, or you can modify the number of fruits/veggies needed to answer.

RED VEGETABLES: tomato, bell or chili pepper, beets, radishes, red potato. If using fruits also: strawberries, cherries, cranberries, apples, raspberries, watermelon.

ORANGE VEGETABLES: carrots, bell pepper, sweet potatoes, squash. If using fruits also: cantaloupe, oranges, mangoes, nectarines, peaches, pumpkin.

YELLOW VEGETABLES: bell pepper, corn, yellow potatoes, squash. If using fruits also: pineapple, lemon, apples, pears.

## PETER RABBIT HEALTH EATING ACTIVITIES

GREEN VEGETABLES: artichokes, arugula, asparagus, broccoli, Brussel sprouts, celery, cabbage, cucumbers, lettuce, bell or chili peppers, peas, spinach, zucchini, green beans. If using fruits also: apples, grapes, pears, kiwi, limes.

PURPLE VEGETABLES: eggplant, cabbage, purple carrots, purple potatoes. If using fruits also: blackberries, grapes, plums, raisins.

### PETER RABBIT SAYS...

This game is a healthy twist on “Simon Says” in which participants are asked to act out various activities that Peter Rabbit would do based on the book *The Tale of Peter Rabbit*.

#### Directions:

- If the children are not familiar with the book, you might want to read excerpts from it.
- Like the traditional game, one person is designated as “Peter Rabbit” and the rest are the players.
- Standing in front of the group, Peter Rabbit tells players what they must do.
- The key is that players should only obey commands that start with “Peter Rabbit says.”

Below are some suggested gestures, but feel free to make up your own.

- Hop like a rabbit: hop up and down in place
- Dig up the vegetables: mimic a digging motion with a shovel and throwing dirt over your shoulder
- Run from Mr. McGregor: run quickly in place
- Pretend you are gobbling up carrots, lettuces, beans and radishes
- Rub your tummy like you have a stomachache (Peter ate too much)
- Tiptoe through the bushes: tiptoe in place
- Wriggle like you have to escape (Peter almost gets caught by Mr. McGregor but escapes without his blue jacket.)

### PETER RABBIT SCAVENGER HUNT

Where are Peter Rabbit and his siblings Flopsy, Mopsy and Cottontail? And where are the yummy carrots, radishes, lettuce, blackberries and parsley that Peter loves to eat?

#### Directions:

- Print out the images of the rabbits – <https://spaces.hightail.com/space/gunBLutFQY>
- – and download various food pictures from the Internet.
- Hide the images throughout the gym or school.
- Provide fun-filled clues to help the children find the images throughout the library.

## PETER RABBIT HEALTH EATING ACTIVITIES

### HEALTHY EATING LESSON PLANS Who Knew Learning Could Be So Fun?

- **How to Talk to Children About Nutrition:**  
For instructors only, this offers a few simple tips about how to communicate the nutrition messaging in a positive way.
- **Don't Peek Peter! Blindfold Game:** This interactive game provides exposure to vegetables in a fun way while increasing nutrition knowledge.
- **Nutrition Talking Points for *The Tale of Peter Rabbit*:** The instructor will read *The Tale of Peter Rabbit* and stop at various points to provide Talking Points. This step-by-step lesson plan is created to easily guide the instructor through the text and educational material.
- **Spin the Carrot with Peter Rabbit Game:** Play this fun-filled game after doing the "Nutrition Talking Points for *The Tale of Peter Rabbit*".
  - **Carrot Wheel:** Use a real carrot as the spinner for the Carrot Wheel! Each person will land on a Nutrition Trivia Question, a Physical Activity Break Idea or the dreaded Lose Your Turn space.
  - **Nutrition Trivia Questions:** Questions and answers for the trivia questions.
  - **Physical Activity Break Ideas:** Designed to get kids up and moving, you can play either "Peter Rabbit Says" or "The Frozen Vegetables Game."
  - **Peter Rabbit Image:** Print out this image and glue to oak tag paper or cardboard, so it is sturdy. This is to be passed around the circle.

#### PETER RABBIT MOVIE OPENING FEBRUARY 9, 2018

Peter Rabbit, the mischievous and adventurous hero who has captivated generations of readers, now takes on the starring role of his own irreverent, contemporary comedy with attitude. In the film, Peter's feud with Mr. McGregor (Domhnall Gleeson) escalates to greater heights than ever before as they rival for the affections of the warm-hearted animal lover who lives next door (Rose Byrne). James Corden voices the character of Peter with playful spirit and wild charm, with Margot Robbie, Elizabeth Debicki, and Daisy Ridley performing the voice roles of the triplets, Flopsy, Mopsy, and Cottontail.