

# ALTERNATIVE VEGETABLE OLYMPICS

## The benefits...

This is a great activity for all the family (or at school); creating time together, lots of exercise disguised as fun, and introducing kids to vegetables and fruit that they may not recognise.

## You will need...

- A selection of vegetables & fruit (can be used after if not too damaged!)
- Some homemade medals for the winners using cardboard and spray paint
- A stopwatch (most mobile phones have one)
- A measuring tape (or use footsteps for longer distances)
- Pen and paper for keeping scores
- A hula hoop (optional)

## How to...

This activity is best done outdoors where possible. You can organise it in your back garden or the local park. If indoors, a school hall or a large empty room would be good too.

Using the suggested games below (or your own), decide on the rules for each game and prepare an area for each activity. Provide a judge for each event, and get someone to keep scores.



## SUGGESTED ACTIVITIES...

- 1 **Grape & Spoon Race** - Same as the usual egg and spoon race, but you have to eat the grape at the end
- 2 **Spud Sack Relay Race** - try and use a hessian potato sack if possible, but a heavy duty bin bag should do the trick.
- 3 **Toss the turnip** - like the shot put, but if indoors. With limited space, try getting them to aim it into a bucket.
- 4 **Balance a cabbage on your head** - Simply race with a cabbage on your head! Keep it to a short distance as its quite hard!
- 5 **Obstacle race (using vegetables)** - set this up using props such as skipping ropes, hula hoops, slices of lemon to be eaten and vegetables as obstacles - use your imagination!
- 6 **Beetroot bowls** (use parsnips for skittles)
- 7 **Leek lobbing** - use the leek as a shot put - the furthest to throw wins
- 8 **Radish relay race** - can be tricky as radishes are really small!
- 9 **Eat-a-Fruit Hula Hoop** - eat an apple while hula-hooping - the quickest to eat it wins!
- 10 **Garlic juggling** - the longest to keep them in the air wins

## TIPS

- Why not get a few families together for the games and organise a picnic
- Hold a medal presentation ceremony after, using upturned crates for the podium
- At home use the leftover veggies not damaged and get the kids to help with making a simple vegetable soup or veggie bolognese.



To learn more about how you can get more active with your kids, go to the 'Live Well' section at [www.nhs.uk](http://www.nhs.uk), where you can:

- Get top tips on fun activities to do together
- Read about the risks of obesity
- Find local services to get you started