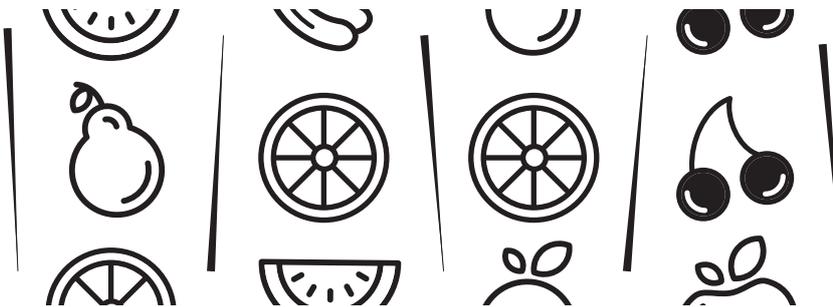


Human fruit machine game

Time needed
20 – 30 minutes

Equipment needed

- opaque bags (one per small group)
- whole pieces of fruit – at least 5 for each group
- materials of your choice, to create a leader board



Top Tip!

- Try to use seasonal fruit. Explain to the Beavers that locally grown fruit that has not had to travel very far to get here from the field are good for the environment and will taste fresher

Healthy top tips

- You should eat five portions of different fruit and vegetables every day.
 - One portion is equal to the size of the palm of your hand.
 - Fruit and vegetables can be eaten fresh, frozen, dried or juiced.
- Food fuels your body so that you can stay active.
- Eating all foods in moderation is good for you.
- Meals should be balanced and made up of all of the different food groups, such as fruit, vegetables, grains, protein and dairy.
- You should drink five cups of water a day. The older you get, the more you will need to drink.

Taste test top tip

Encourage Beavers to think about all of their senses: smell, feel, sound and taste!

Instructions

1. Check whether there are any dietary requirements or allergies to consider before you begin the activity.
2. Introduce the topic of healthy foods with the Colony. Talk about the importance of including fruit in your diet.
3. Split the Beavers into their Lodges or other small groups.
4. Give one opaque bag to each lodge leader (or equivalent).
5. When you say 'go', one Beaver from each group should pick out a piece of fruit from their bag and hold it up in the air.
6. If they have picked the same fruit as someone in another group, they will gain points for their group. See the scoring information below.

Scoring

- 3 fruit the same = 3 points for each team
 - 2 fruit the same = 2 points for both teams
 - 0 fruit the same = no points
7. Keep playing until each Beaver has had 1-2 goes.
 8. Keep track of scores on a leader board. Ask each Beaver from the winning group to choose one fruit from the bag, and to share their favourite way to eat it.
 9. Talk about the different fruits that the Beavers found in the bags, and what makes each of them healthy. For example, oranges have lots of vitamin C which helps fight off colds and infections, and bananas are high in potassium, which helps to keep your bones strong.

Take it further

- Fruit can be used for making rainbow fruit kebabs (go to our partner page for inspiration) or to create a 'taste test', by blind folding the Beavers and encouraging them to guess what fruit they are tasting

