



Salad Pickin' Exercise



On your Mark, Get Set,
Let's Move!



Dino's Garden Exercises Keeping Fit in the Garden

INSTRUCTIONS:

- * Stand with your feet apart.
- * Bend forward at the waist.
- * Reach towards the ground as if you are harvesting.
- * Bend your arms at the elbow.
- * Now pull your arms back and forth and back and forth, and yell out what you are pickin' for your salad.

Fruit and Veggie Talk:

Salads are a great way to eat a rainbow of different colored healthy fruits and vegetables. What vegetables could you put in a salad?