

fruits & veggies and ways to move more from A – Z

A

Acorn squash
Apple
Apricot
Artichoke
Arugula
Asparagus
Avocado
Aqua jogging
Archery
Arm wrestling

B

Banana
Bean
Beet
Bell pepper
Blackberry
Blueberry
Bok choy
Broccoli
Brussels sprout
Butternut squash
Biking
Bouncing a ball
Bowling
Building a snowman

C

Cabbage
Cantaloupe
Carrot
Cauliflower
Celery
Cherry
Chickpea
Coconut
Collard greens
Corn
Cranberry
Cucumber
Canoeing
Capture the flag
Chomp stomp
Climbing

D

Daikon (Asian radish)
Dandelion greens
Date
Dancing
Dodgeball

E

Edamame
Eggplant
Endive
Equestrian

F

Fennel
Fig
Floor hockey
Flying a kite
Fruit picking

G

Grape
Grapefruit
Greens
Guava
Gardening
Geocaching
Gymnastics

H

Honeydew
Huckleberry
Hiking
Hopscotch
Hula hooping

I

Iceberg lettuce
Ice skating
Inline skating

J

Jackfruit
Jicama
Jogging
Jump roping

K

Kale
Kidney bean
Kiwi
Kohlrabi
Kumquat
Karate
Kickball

L

Leek
Lemon
Lentil
Lettuce
Lime
Lacrosse
Laser Tag
Lawn bowling
Log rolling

M

Mango
Mangosteen
Mushroom
Mustard greens
Marching
Mini golfing
Monkey bars

N

Napa cabbage
Nectarine
Nature hiking

O

Okra
Olive
Onion
Orange
Obstacle course
Orienteering
Outdoor painting

P

Papaya
Parsnip
Passion fruit
Pea/pea pod
Peach
Pear
Pepper
Pineapple
Plantain
Plum
Pomegranate
Potato
Pumpkin
Ping pong
Playing outside

Q

Quince
Quick stepping

R

Radicchio
Radish
Raisin
Raspberry
Rhubarb
Romaine lettuce
Rutabaga
Rock climbing
Rowing
Running

S

Shallot
Snow pea
Soybean
Spinach
Squash
Star fruit
Strawberry
Sweet potato
Swiss chard
Skateboarding
Snowshoeing
Soccer
Stretching

T

Tangerine
Tomatillo
Tomato
Turnip
Tag
Tennis
Tug of war

U

Ugli fruit
Ultimate frisbee

V

Vidalia onion
Vine-ripe tomato
Vacuuming
Volleyball

W

Wasabi root
Watercress
Watermelon
Walking
Water games
Wiggling

X

Xigua (watermelon in Africa)
X-country skiing

Y

Yam
Yucca root
Yard games
Yoga

Z

Zucchini
Zig-zag running
Ziplining

