

# ANYONE UP FOR SOME FRUIT SALAD?

**Prep time:** 5 minutes

**Time:** 20-30 minutes

## Explain the impact cancer can have

Let your pupils know that Macmillan's World's Biggest Coffee Morning is coming up. And that by taking part and raising money, they'll be helping millions of people with cancer live life as fully as they can. Please do ask your class to tell their mums, dads, carers and others to come along.

## How you'll be helping

Last year, schools just like yours held Coffee Mornings all over the country and raised way over £2 million!

## Play the Fruit Salad game

The 'Fruit Salad' activity is a lot of fun. You may even be able to convince your class to live a healthier lifestyle by eating lots of fruit!

## Wrap it up

Finish up by making sure pupils know everything about your Coffee Morning, when and where it'll be, what they need to bring to school and any special classroom activities coming up.

## Fruit Salad game instructions

Form a circle of chairs that is one chair fewer than the total number of players.

- ☛ Nominate a player to be 'in', that player stands in the centre of the circle.
- ☛ Divide all players into three groups of fruit by going around the circle and naming them either apple, orange or pear.
- ☛ The player who is 'in', calls the name of a fruit.
- ☛ If he calls out apples, everyone who is that fruit must get up quickly and change places.
- ☛ Players who are not apples remain seated.
- ☛ The person who is 'in' tries to sit in an empty spot whenever players swap positions.
- ☛ If they manage to sit in a chair, the player not sitting in a chair is then 'in'.
- ☛ The person in the middle can also call 'fruit salad' and everyone who is seated has to change spots.
- ☛ The game can finish whenever you like.

