



# Cool or Not

**AGE/GRADE LEVEL:** Youth Grades 1-5; Teens; Adults and Older Adults

**FORMATION:** Standing or seated with partners

**EQUIPMENT:** Paper, bean bags, or pompoms; one for each pair or participant

**RULES/DIRECTIONS:**

1. Each student picks a partner; each pair crumples paper into a ball (or uses a bean bag or pompom).
2. Teacher explains that the ball/bean bag/pompom is a food.
3. Teacher names two body parts and a food. Participants pick up their food with the designated body parts and put the food away, either in the refrigerator (on desk or table) or in the cupboard (on chair). Here's a suggested order:
  - Elbow to elbow – Ground beef (refrigerator)
  - Foot to foot – Milk (refrigerator)
  - Knee to knee – Cereal (cupboard)
  - Forearm to elbow – Crackers (cupboard)
  - Foot to elbow – Bananas (cupboard)
  - Knee to elbow – Eggs (refrigerator)
  - Forehead to back of hand – Potatoes (cupboard)
  - Toe to finger – Leftovers (refrigerator)
4. Repeat with additional foods, such as butter, other vegetables, whole grains, nuts, meat to be defrosted, etc.
5. Final action is to throw paper balls away or return bean bags or pompoms to storage.

**VARIATION:** Add a third location and foods to store in the freezer.  
Each participant uses their own ball and plays individually.  
Do activity as a team relay in pairs. Each pair is given a food; the pair moves together to place the food where it goes and then returns to the back of the line. Keep all participants marching or moving throughout the relay.

**NUTRITION NOTE:** Use as a review or reinforcement of food safety lessons.

"Energizers for Simply Good Eating" was developed by Simply Good Eating staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the "Energizers Classroom-based Physical Activities" program developed by East Carolina University's Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Simply Good Eating, visit [www.extension.umn.edu/Nutrition/](http://www.extension.umn.edu/Nutrition/).



# Food Group Movement

**AGE/GRADE LEVEL:** Youth, Grades 1-5; Teens; Adults and Older Adults

**FORMATION:** 5 groups, each in a separate area of the room

**EQUIPMENT:** Food group labels: 5 pieces of paper (color optional) labeled with the following: Grains (orange), Fruits (red), Vegetables (green), Dairy (blue), and Proteins (purple); alternatively 1 game spinner with the food group names or food group colors

**RULES/DIRECTIONS:**

1. Teacher labels 5 areas of the room with one of the food group labels and assigns one group of students to each area.
2. Teacher calls out the name of a food from a food group either randomly or by spinning the wheel. Teacher also calls out one movement (e.g., jumping, skipping, walking, hopping on one foot, or marching).
3. Participants who are in the named food group move to any other food group area, using the assigned movement. Example: Teacher calls out “broccoli” and “jumping” and participants in the vegetable (green) group jump to any other group.
4. Participants continue the movement in place until another food from their new food group is called. Example: Participants in the above example would continue jumping in place until their new group is called, at which point they would move to a different food group area using the new assigned movement.
5. Once a food from each group is called, all participants should be moving in place.

**VARIATION:** Works well with University of Minnesota Extension’s Go Wild with Fruits & Veggies! curriculum – [www.extension.umn.edu/nutrition/GoWild.html](http://www.extension.umn.edu/nutrition/GoWild.html). Use paper in Go Wild colors with no labels. Teacher can call:

- The name of a fruit or vegetable.
- Name of a vitamin or phytochemical associated with a specific Go Wild color.
- A trivia question from the Go Wild curriculum.

“Energizers for Simply Good Eating” was developed by Simply Good Eating staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Simply Good Eating, visit [www.extension.umn.edu/Nutrition/](http://www.extension.umn.edu/Nutrition/).



# Freeze that Food

**AGE/GRADE LEVEL:** Youth, Grades 2-5

**FORMATION:** Standing at desks

**EQUIPMENT:** None

**RULES/DIRECTIONS:**

1. Begin by having students do an activity for 30 seconds, standing at their desks. Examples:
  - Jumping
  - Twisting
  - Jogging
  - Jumping Jacks
  - Push-Ups
  - Hopping

2. Teacher calls out a food and the students freeze.

3. Teacher calls on a volunteer to name a healthier form of food and name a benefit of the healthier choice. Examples:

<i>Food</i>	<i>Healthier choice</i>	<i>Benefit</i>
Flour	Whole grain Flour	Fiber
Butter	Olive oil	Mono unsaturated fat
Whole milk	Nonfat milk	No fat
Fruit juice	100% fruit juice	No sugar added
Candy	Fresh fruit/Veggies	Fiber, no sugar
Soda pop	Water	No sugar, no caffeine
Light green veggie	Dark green veggie	Phytochemicals
French fries	Baked sweet potato fries	Less fat

4. When a student names a healthier form of food and why it’s a better choice, students resume activity or begin a new activity that the teacher calls.

5. Steps 2 through 4 are repeated until all students have had a turn or the time is up.

**VARIATION:** Play music to move; stop music for “freeze.”  
Teacher calls out “sometimes” food and students name a healthier option.

“Energizers for Simply Good Eating” was developed by Simply Good Eating staff from the University of Minnesota Extension in July 2011. It was adapted with permission from the “Energizers Classroom-based Physical Activities” program developed by East Carolina University’s Activity Promotion Laboratory, North Carolina Department of Public Instruction, North Carolina Healthy Schools, and Be Active North Carolina. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this resource is available in alternative formats upon request. Direct requests to 1-888-241-4591. For more information on Simply Good Eating, visit [www.extension.umn.edu/Nutrition/](http://www.extension.umn.edu/Nutrition/).



# MyPlate Pokey

**AGE/GRADE LEVEL:** Youth, Grades Pre-K-2

**FORMATION:** Standing in a circle

**EQUIPMENT:** None; optional: music

## **RULES/DIRECTIONS:**

1. Teacher reviews the traditional hokey pokey song with movements. Students form a circle around the perimeter of the room; teacher leads hokey pokey actions while singing the “MyPlate Pokey” (lyrics by Dianne David Kenning):

### **Movement Verse**

Right Arm	You put your grain group in, you put your grain group out, you put your grain group in and you shake it all about. You eat the whole grain and you help your insides out; that’s what it’s all about!
Left Arm	You put your dairy group in, you put your dairy group out, you put your dairy group in and you shake it all about. You drink a glass of milk and you build some strong bones; that’s what it’s all about!
Right Leg	You put your fruit group in, you put your fruit group out, you put your fruit group in and you shake it all about. You eat a grape or two and you eat a couple more; that’s what it’s all about!
Left Leg	You put your vegetable group in, you put your vegetable group out, you put your vegetable group in and you shake it all about. You crunch on a carrot and you peel a sweet potato; that’s what it’s all about!
Head	You put your protein group in, you put your protein group out, you put your protein group in and you shake it all about. You throw in meat and beans and you make a pot of chili; that’s what it’s all about!
Whole Self	You put all your food groups in, you put all your food groups out, you put all your food groups in and you shake it all about. You do the MyPlate Pokey and you turn yourself around; that’s what it’s all about!

**VARIATION:** Students hold a food model, picture, or food package during the song and perform in the center of the circle when their food matches the corresponding group verse.

**NUTRITION NOTE:** Use with food group lesson.