As If

**AGE/GRADE LEVEL:**  Youth, Grades K-3

**FORMATION:**  Standing at desks

**EQUIPMENT:**  None

**RULES/DIRECTIONS:**
1. Students act out the following food “as if”s. Perform each activity for 20-30 seconds. If you are going to use an audio or visual cue to start and stop the action, explain it before you begin.
   - Jog as if you are going to get your favorite vegetable.
   - Climb as if you are on a mountain of your favorite ice cream.
   - Jump as if you were a jumping bean on a hot plate.
   - Reach as if you were picking your favorite tree fruit; use both arms.
   - Stomp your feet as if you were mashing potatoes.
   - Paint in the air as if you had a broccoli paintbrush.
   - Swim as if you were a fish being chased by a shark.
   - Slide your feet as if you were putting peanut butter on bread.
   - Wiggle and twist as if you were a banana in a blender.
   - Bend and swish as if you were a cloth cleaning yogurt off the floor.
   - Tip toe quietly to your seat as if you were going to sleep.

**VARIATION:**  Ask students to create their own food and action “as if”s.

**NUTRITION NOTE:**  Prepare a snack that uses some foods mentioned in the activity, e.g., banana yogurt smoothie, peanut butter on bread topped with banana, broccoli paintbrushes dipped in a yogurt dip.