Calcium Smart

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

**FORMATION:** Standing

**EQUIPMENT:** None

**RULES/DIRECTIONS:**
1. Begin by having participants practice jumping in place several times, then squatting or falling down in place several times.
2. Teacher calls out a habit or behavior that strengthens or does not strengthen bones.
   - If the habit or behavior strengthens bones, participants jump in place. Examples:
     - Drinking 3 glasses of milk a day
     - Eating yogurt
     - Eating broccoli
     - Drinking calcium-fortified orange juice
     - Getting 60 minutes of physical activity each day (adults: 30 minutes)
     - Walking your dog
     - Playing basketball
     - Teens and adults: Lifting weights
   - If the habit or behavior does not strengthen bones, students squat or fall down. Examples:
     - Smoking cigarettes
     - Sitting in the house, watching TV
     - Never drinking milk
     - Going on the elevator instead of taking the stairs
     - Eating potato chips and Twinkies
     - Drinking soda pop

**VARIATION:** Whole Grain Smart – on back
Heart Smart – on back

**NUTRITION NOTE:** Use with a dairy or calcium lesson and be sure to discuss physical activities and behaviors that strengthen or don’t strengthen bones.
Use with a healthy beverages lesson.
**Variation:** Whole Grain Smart

**Equipment:** Pictures of whole grains and enriched grain products

**Rules/Directions:**
1. Discuss whole grains vs. enriched grain products, including different kinds of whole grains and how to identify a whole grain product.

2. Call out names of whole grain products (reach up) and enriched grain products (squat down). Examples:
   - Whole grains: popcorn, brown rice, wild rice, oatmeal, whole grain cereal, or food label with “whole” as the first ingredient
   - Enriched grains: white bread, white rice, pasta, or food label with “enriched” as the first ingredient

**Variation:** Heart Smart

**Equipment:** Heart disease lesson from University of Minnesota Extension’s Health and Nutrition [For Seniors] curriculum

**Rules/Directions:**
1. Discuss heart disease and habits or behaviors that strengthen the heart – are “heart rescues” – and habits or behaviors that are risk factors for heart disease – are “heart dangers.”

2. Call out a habit or behavior that is a heart rescue (reach up) or a habit or behavior that is a heart danger (squat down). Examples:
   - Heart rescues: physical activity, olive oil, herbs and spices instead of salt for flavor, not smoking, healthy body weight, monounsaturated oil, or diet high in fruits and vegetables
   - Heart dangers: High sodium foods, trans fats, high fat foods, physical inactivity or sedentary lifestyle, smoking or tobacco use, or overweight

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"Energizers for Nutrition Education" was developed by Health and Nutrition 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 Health and Nutrition, visit [www.extension.umn.edu/family/health-and-nutrition](http://www.extension.umn.edu/family/health-and-nutrition).