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 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.