Explore Minnesota Foods

**AGE/GRADE LEVEL:** Youth, Grades K-6; Teens; Adults and Older Adults

**FORMATION:** Standing or seated

**EQUIPMENT:** None; optional: map of Minnesota

**RULES/DIRECTIONS:**
1. Teacher leads the group on a virtual tour of Minnesota farms; participants move 30 seconds for each action:
   - Squat and pick blueberries (or strawberries).
   - Reach high to pick corn; husk the corn with large arm movements.
   - Reach high to pick apples; peel the apples with large circular arm movements (crank apple peeler). Alternate arms.
   - Bend over or squat to pull beets or carrots; stand up.
   - Climb an apple tree; do climbing motion with arms and legs in place.
   - Walk (in place) out to the barn.
     - Milk the cows; squat and swing arms up and down.
     - Feed the hogs; step side to side while dumping an imaginary bucket.
     - Walk (in place) while sweeping corn stalks to the side with arms.

**VARIATION:** Actions can be performed seated in a chair.

**NUTRITION NOTE:** Can be used with a “Minnesota Grown” discussion of local foods. Point to areas in Minnesota that feature certain foods:
   - Sugar beets – grown in Red River Valley
   - Soybeans – grown throughout the state, mostly west of the Mississippi River
   - Sweet corn – grown throughout the state, mostly west of the Mississippi River
   - Garlic – predominantly grown in south central Minnesota (Hutchinson has Garlic Festival)