Food Fitness

AGE/GRADE LEVEL: Youth, Grades 2-5

FORMATION: Standing at desks

EQUIPMENT: None

RULES/DIRECTIONS:
1. Teacher calls out the following actions for students to perform for 15-20 seconds each.
   - Cauliflower crawl
   - Pumpkin punch
   - Corn husk
   - Strawberry shake
   - Apple picker
   - Banana peel
   - Watermelon wiggle
   - Popcorn pop
   - Pretzel twist
   - Shrimp swim
   - Potato masher
   - Jumping bean
   - Cheese chop
   - Egg beater
   - Tuna trot
   - Yogurt yell or yawn
   - Carrot crunch

VARIATION: Wild card: Anytime the teacher calls out “couch potato,” students perform any action they like.
   Bean lesson: Add bean-related actions like pinto bean pop, black-eyed pea boogie, lima bean laugh, red bean run, or navy bean salute

NUTRITION NOTE: Quiz students on which of these foods they have eaten.