Food Group Wiggles

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

**FORMATION:** Standing or sitting

**EQUIPMENT:** None

**RULES/DIRECTIONS:**
1. Teacher calls out a food group.

2. The teacher signals the first participant to name a food in the food group; when the participant names the food, all participants begin to wiggle their fingers.

3. The teacher then calls on or points to the next participant to name a food in the food group; when a food is named, everyone adds their wrists to the finger wiggle.

4. Continue with each participant, adding wiggles as listed:
   - Forearms
   - Elbow
   - Shoulders
   - Rib cage
   - Hips
   - Knees
   - Head

**VARIATION:** Participants jog or march in place while doing the wiggles. Start wiggles with toes and work up the body, ending with the head.

**NUTRITION NOTE:** Challenge participants to name nutrient-dense foods in each food group. Use with a food group lesson.

“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 1-888-241-4691. 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/).