Gallop

AGE/GRADE LEVEL: Youth, Grades K-3

FORMATION: Standing by desk

EQUIPMENT: None

RULES/DIRECTIONS:
1. At appropriate times throughout the lesson, have students stand up and ride their horse (gallop) to an imaginary location based on the lesson:
   - Fruits and vegetables – Ride to the farmers’ market, farm, or orchard.
   - Grains – Ride to the farm, grocery store, or flour mill.
   - Milk – Ride to the dairy farm, grocery store, or processing plant.
   - Proteins – Ride to the farm or grocery store.
2. Upon arriving at the destination, students perform the action related to the destination:
   - Pick the fruit or vegetable; e.g., reach high for apples, low for beans.
   - Toss the wheat high in the air and catch it in a basket to separate the chaff from the grain.
   - Milk the cow.
   - Herd the cows or pigs to the barn.
3. After performing the chore, get back on the horse and ride back to class.

VARIATION: Divide students into two groups. Group 1 acts out harvesting, preparing, and eating something from one of the food groups; group 2 guesses which food group 1 chose.

Teacher narrates a story of producing, gathering, and preparing a food to eat; students act out the story.

NUTRITION NOTE: Accompany with a snack that fits the story.