Go Bananas

AGE/GRADE LEVEL:  Youth, Grades K-2

FORMATION:  Standing at desks

EQUIPMENT:  Food models in a box

RULES/DIRECTIONS:
1. Teacher picks one food model out of the box:
   - For each healthy food drawn, students jump up high.
   - For each “sometimes” food drawn, students squat low.
   - For each fruit drawn, students say “GO BANANAS” and wiggle their bodies in all directions or imitate a monkey.

2. Continue each movement for 15-20 seconds before drawing another food.

NUTRITION NOTE:  Use with a healthy snack or healthy food choices lesson.