It’s a Kitchen in Here

AGE/GRADE LEVEL: Youth, Grades K-2; Teens; Adults and Older Adults

FORMATION: Standing

EQUIPMENT: None

RULES/DIRECTIONS:
1. Teacher calls out a food, kitchen appliance, or kitchen tasks and related action;
   Examples:
   - Toast: Pop up (jump) or raise arms.
   - Popcorn: Pop up (jump) or step side to side.
   - Banana or carrots: Use your hands to peel yourself from head to toe.
   - Tortilla or pie crust: Roll your arms like you’re rolling a tortilla or pie crust.
   - Bread: Punch the bread dough down, left then right.
   - Soup: Stir big soup pot with both hands
   - Juice or wine: Stomp grapes with your feet – left, right, left, right.
   - Mixer: Twist hands or legs like beaters.
   - Faucet: Run or march (in place) like flowing water.
   - Blender: Shake and wiggle like spinning food.
   - Mixing bowl: Circle your hips to stir your ingredients.
   - Garden: Squat or bend down to pick vegetables.
   - Wash counter: Circle hands/arms with large movements, left then right.
2. Participants stand and continue action until another is called (at least 30 seconds each).

VARIATION: Make cards with pictures and/or names of the food or kitchen items to hold up as a signal to change activities.
   Participants call out the names of the food and kitchen items to act out.
   Do activity seated, adjusting related actions as needed.

“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 1-888-241-4591. 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).