Kernels in the Popper

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

**FORMATION:** Standing in a circle, in gymnasium or outside

**EQUIPMENT:** Timer; for adults: 5 bean bags representing different food groups; optional: lively, high-energy music

**RULES/DIRECTIONS:**

**Youth:**
1. Teacher selects a student to be “Poppy,” the popcorn leader. All other students are kernels, scattered around the room. On teacher’s signal (or start of music), the kernels start to sizzle and move around the room in any motion other than jumping (e.g., running, hopping, skipping, wiggling).
2. Poppy jumps around the room to tag other kernels and turn them into popcorn. Once tagged, students can jump to tag other kernels so they turn into popcorn, too.
3. Change role of Poppy after 2 minutes and continue the game.

**Adult:**
1. Participants line up in a circle. Teacher selects a participant to be “Poppy,” the popcorn leader. All other participants are kernels. On teacher’s signal (or start of music), the kernels start to sizzle by marching in place.
2. Poppy tosses 1 bean bag to someone in the circle; the catcher tosses it to someone else in the circle, who then tosses it to another, similar to hot potato.
3. Poppy tosses another bean bag to a different catcher, until all 5 bean bags are in play.
4. Once all beanbags are in play, Poppy calls out a food group; the catcher with that beanbag must name a food in that food group before tossing it to someone else.
5. Change role of Poppy after 3 minutes and continue the game.

**VARIATION:** Teacher assigns each participant the name of a food. Participants wiggle in place beside their chairs (kernels sizzling). Teacher calls out a question based on the day’s nutrition lesson. Participants whose assigned food is the answer to the question “pop” and begin to jump in place. This variation is good for small spaces.

**NUTRITION NOTE:** Use with whole grains lesson.

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