Kitchen Heat

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Seated or standing

**EQUIPMENT:** None

**RULES/DIRECTIONS:**
1. Teacher calls out “stovetop flame” and participants reply with the following words and actions:
   - **Stop:** Push arms straight out in front of chest.
   - **Drop:** Push arms straight down by sides.
   - **Roll:** Roll forearms in front of chest.
2. Teacher calls out “flame out” and participants rest.
3. Repeat the chant and actions, or alternate with:
   - Teacher calls out “when the heat’s up high” and participants respond by pushing arms up in “raise the roof” motion.
   - Participants reply with “you get down low” and push arms down by sides or down to floor.

**VARIATION:** To increase activity level, participants march in place while performing arm motions.

**NUTRITION NOTE:** Use with kitchen safety 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 1-888-241-4591. 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/).