Label Moves

AGE/GRADE LEVEL: Adults and Older Adults

FORMATION: Standing by chair or seated

EQUIPMENT: Variety of nutrition facts labels or food packages

RULES/DIRECTIONS:
1. Give one label or food package to each participant; ask them to read to themselves.
2. Teacher gives directions for actions, allowing time in between for participants to perform the actions, as follows:
   - If your product has whole grain listed as the first ingredient, do 10 arm circles.
   - If your product has more than 5 grams of fiber, give your neighbor a high five.
   - If your product is low in fat, sit in your chair and lift each foot 10 times.
   - If your product has 300 milligrams or more of calcium, do 10 knee lifts.
   - If your product is low sodium (5 percent or less of daily value), march in place.

VARIATION: Use large print labels for older adult audiences.

Participants repeat the set of movements for each product feature (e.g., 10 foot lifts for low-fat) until the teacher calls the next feature and accompanying movement. If a participant’s product does not have the feature called, he or she continues doing the previous movement until a feature does match.

NUTRITION NOTE: Can accompany lessons on nutrition label reading, whole grains, low-fat, or low-sodium.

“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.