Nutrient Rap

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

**FORMATION:** Standing or sitting

**EQUIPMENT:** Copy of the Nutrient rap for each participant or large copy for the group

**RULES/DIRECTIONS:**
1. Teacher gives each participant a copy of Nutrient Rap or displays a large copy for everyone to see.
2. Teacher demonstrates actions to go along with each stanza.

**Verses**
- Pick six oranges off the tree,
  Remember they give us Vitamin C!
- High five left and high five right,
  Vitamin A protects our sight!
- Milk the cow every day,
  ‘Cause exercise keeps the blues away!
- Tap your elbows on the table,
  Eat the peel if you are able!
- If you can, raise your knees,
  Sunshine gives us vitamin D!
- With your hands begin to drum,
  Remember strong bones need calcium!
- Tap your toe, then tap your heel,
  Make yourself a balanced meal!
- Pretend you can fly like Superman,
  Prevent disease, wash your hands!
- Pound your fist upon your chest,
  Last but not least, get your rest!

**Actions**
- Reach both hands high, pretending to pick oranges off a tree.
- High five the air to the left and right, two times each.
- With closed fists, make milking motions with hands in front of you.
- Tap left elbow, then right elbow; repeat.
- Raise left knee, then right knee; repeat.
- Pretend to drum with hands on table.
- With slightly straightened legs, tap toe, then tap heel of each foot on the floor; repeat.
- Hold arms out in front, move them up and down slightly in a flying motion.
- Arms bent with elbows out to the side, “pound” chest with fists.

**VARIATION:** For people with limited mobility: Remind participants to follow your lead but only do what they can comfortably do.

“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.