Silent Signs

AGE/GRADE LEVEL: Youth, Grades 4-5; Teens; Adults and Older Adults

FORMATION: Standing or seated

EQUIPMENT: Poster with a variety of fruits and vegetables or food pictures posted around the room

RULES/DIRECTIONS:
1. Teacher chooses one participant to select a food to start the game; that person randomly points to a food on the poster or to one of the pictures at the front of the room.

2. Teacher chooses another food (from those posted) and tells the group but not the designated finder; teacher can write the name of the chosen food on a piece of paper and show the class.

3. Without talking, the group uses movement to guide the student from the randomly-selected food to the teacher-chosen food; suggestions:
   ■ Right – Knee lifts or marching
   ■ Left – Jumping jacks (adaptation: one-foot at a time)
   ■ Up – Raise the roof
   ■ Down – Squats or knee touches

4. Continue movements until the participant finds the correct food. No talking!

5. Repeat with new participant and new chosen food.

VARIATION: Post the movements that correspond to the directions on the board. Make the activity competitive by dividing the group into two teams and creating two sets of posters or food pictures.

NUTRITION NOTE: Works well with University of Minnesota Extension’s Go Wild with Fruits & Veggies! curriculum – http://z.umn.edu/gowild

Remind participants to eat a variety of colors of fruits and vegetables every day.

"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.