What’s for Dinner

**AGE/GRADE LEVEL:** Youth, Grades 2-5; Teens; Adults and Older Adults

**FORMATION:** Sitting or standing at tables or desks

**EQUIPMENT:** 1 paper plate per participant; crayons or markers

**RULES/DIRECTIONS:**
1. Teacher gives each participant one paper plate and crayons or markers, and asks each to draw a nutritious meal.
2. Participants choose (or are assigned) a partner and everyone stands up.
3. One partner holds both plates.
4. On teacher’s signal, the participants with the plates perform an aerobic activity using the plates as props. Examples:
   - Jogging in place – plates as wings
   - Waving plates up and down in front of body
   - Swimming underwater – plates as fins
   - Jumping jacks, waving plates
5. Teacher identifies one participant performing an aerobic activity and directs the entire class to perform that movement for 10-15 seconds.
6. Switch partners holding plates and repeat until class has performed aerobic activities for at least 5 minutes.
7. Participants return to seats with their own plates and discuss healthy meals and portion sizes.

**VARIATION:** Set a time limit (1-2 minutes) for drawing on plates.

Use food stickers for creating a healthy plate.

**NUTRITION NOTE:** Use with portion size lesson or healthy meals lesson.

Use with introduction to MyPlate.

“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).