

Name of Activity: **What's for Dinner?**
Grade Level: 3-5
Formation: Sitting at desks
Equipment: 1 paper plate per student, crayons and markers

Rules/Directions:

1. Teacher passes out 1 plate per student.
2. Students will draw a nutritious or typical meal on their plates.
3. Students will then choose a partner and stand up at their desks.
4. One partner will hold both plates.
5. On teacher signal, all students with plates will create their own aerobic movement at their desks using both plates for 30 seconds.
6. Teacher will identify a student performing an appropriate aerobic movement and have the entire class follow the activity for 10-15 seconds.
 - Jogging in place
 - Waving plates up and down in front of body
 - Swimming underwater using plates for fins
 - Jumping jacks while holding plates
7. Continue activity for 10 seconds and switch by giving plates to other partner, and repeat as many times as desired.
8. Have students return to desks with their own plates and discuss a nutrition concept such as healthy food choices and portion sizes. Have students identify the healthy foods they drew on their plates.

Variation:

1. Continue discussion as part of a nutrition lesson.

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