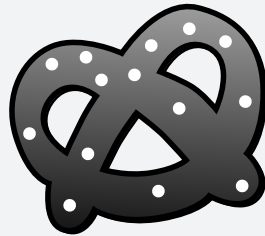


Food for Energy

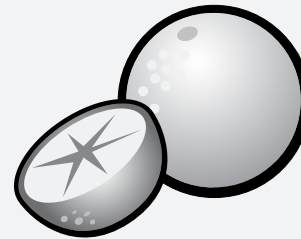
Instructions: Print or copy enough handouts so that you'll have one for each group of four students. Cut out the squares, and using the packing tape, tape each square to a beanbag. Next, make two masking-tape lines on the floor. Students will be running from one line to the other, so place the lines as far apart as you'd like students to run. Finally, you'll need to divide each group of eight beanbags. Place the four foods at the starting line and the four actions at the other line. Place one bucket next to each pile of four actions. Show your students the foods and actions from the handout. Ask them to identify the pictures and to discuss how foods like the ones pictured give us energy to move in all kinds of ways. Then place students in groups of four and line them up at the starting line, each group behind a pile of beanbags. Tell students they're each going to take turns taking a food beanbag and pretending to eat it as they run to the pile of actions at the other line. Once they reach that line, they should throw the food beanbag into the bucket and pick up an action. They should do that action all the way back to the starting line. Then it's the next student's turn to run the relay. In this relay, it's OK to eat and run!



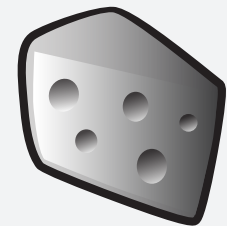
Carrots



Whole-grain pretzels



Oranges



Cheese



Running



Jumping



Dancing



Marching