

Energy Dance

Children can begin to understand how food gives them energy and that they use that energy for physical activity. Help children understand that, like a car, we need fuel to go.

Children will:

- < Learn that food gives us energy
- < Dance to music
- < Engage in pretend play

Materials:

- < Food cards (copy page 34 and cut along lines)
- < Scissors
- < Music (any CDs or tapes you listen to in your program)

Ask children:

What is energy? What does energy help you do? What do we put in a car? (Explain that gas keeps a car moving and food keeps us going because it gives us energy. We need to eat healthy foods to have the energy to move and play each day.)

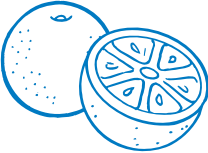


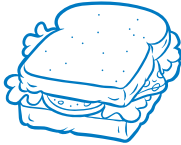
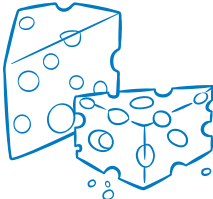
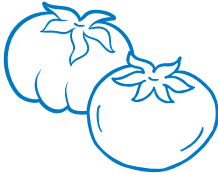

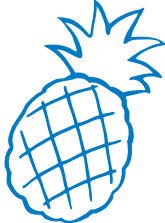


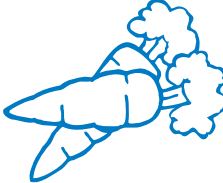



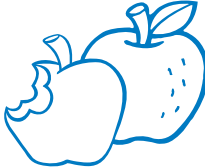

Activity:

1. Gather children in an open space, and give each child some food cards.
2. Turn on music and dance! Turn the volume down gradually, and tell children to slow their movements to match the music. They are pretending to run out of energy.
3. Turn the volume down even more as children slow their dancing. When the volume is so low that children can't hear the music anymore, they have completely "run out of energy." They need to pretend to eat their healthy foods.
4. Now crank the music up again and DANCE with lots of energy.



Handout: Food Cards (see page 33)



 <p>Oranges</p>	 <p>Eggs</p>	 <p>Broccoli</p>	 <p>Whole-grain sandwich</p>
 <p>Lowfat cheese</p>	 <p>Tomatoes</p>	 <p>Lowfat milk</p>	 <p>Pineapple</p>
 <p>Whole-grain rice</p>	 <p>Avocado</p>	 <p>Carrots</p>	 <p>Bananas</p>
 <p>Lowfat yogurt</p>	 <p>Fish</p>	 <p>Apples</p>	 <p>Peas</p>



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