Explore Ohio Foods

BACKGROUND: Use this "energizer" as an introduction to foods that are grown and produced in Ohio, as a stretch break during a long lesson or as a review of the five food groups in MyPlate.

AGE/GRADE LEVEL: Youth, Grades k-6; Teens; Adults and Older Adults

FORMATION: Standing or seated

EQUIPMENT: None; optional: map of Ohio; optional: poster of MyPlate

RULES/DIRECTIONS:
Facilitator leads the group on a virtual tour of Ohio local foods; participants move 30 seconds for **each action**:

Grains

- Popcorn Pop – **jump** in place. In Ohio we can grow sweet corn, popcorn and even blue corn! You might have seen blue corn chips at the store.
- **March** in place for a bread basket. All sorts of grains, from wheat to oats to barley, and rye can be grown for breads, cereal, crackers, pasta, sweet goods, tortillas and other foods.

Dairy

- **Walk** (forward and backward, in place) to the barn. Do you know Ohio farmers raise more than 200 types of crops and animals? (Ohio Farm Bureau)
- Milk the cows. Squat and **swing arms up and down**. Did you know that more than 270,000 cows live in Ohio? Cows need to drink the equivalent of a bathtub full of water every day! (www.ohiodairyfarmers.com)
- **Life some weights**. Along with milk, eat yogurt and cheese for calcium and strong bones.

Fruits

- **Climb** an apple tree. How many varieties of apples can you name? Apples can be enjoyed fresh, baked, on top or oatmeal and made into applesauce.
- **Tiptoe** (in place) around the strawberries, watermelon and cantaloupe.
- Stir up a fruit smoothie in the blender! Stand with hands on hips and twist quickly side-to-side. Add some Ohio blueberries, raspberries, peaches and strawberries! Add some ohio yogurt and milk. Add some ice – **freeze**!

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Vegetables (and herbs)

- **Dance** to the "beet" and "snap" some green beans. Do you know that different varieties of (root) beets can be red, yellow or striped?
- **Toss** a salad – toss some greens. Big arm circles in front of you. Did you know that we can grow and eat lettuce, spinach, arugula, endive, collards, kale, bok choy, chard, mustard greens, turnip greens and beet greens?
- **Dig up** potatoes. Dig with a shovel, (don't slice the potatoes), stoop and pick up potatoes. Do the digging motion with your other side. Dig up all colors of potatoes: white, yellow, red, purple and sweet potatoes!
- **Weight lift** the largest pumpkin you can find in the patch. Squat; wrap your arms around, stand up. Repeat. Pumpkins are one type winter squash like butternut squash, acorn squash, delicate squash and Hubbard squash.
- Parsley **punch**, punch arms out in front. Add some fresh herbs like parsley, rosemary, basil, mint and chives for a tasty "punch" of flavor.
- **Stir** a huge pot of soup…. Stir in the other direction. Switch arms. (can name ingredients in the soup – from chicken noodle soup to chili to beef vegetable soup)

Protein

- **Turkey trot** (or **chicken dance**) – "flap" your wings. Ohio turkeys eat more than 250 million pounds of corn each year (http://www.ohpoultry.org)
- **Scramble** chicken eggs. Spin or roll arms together in front. **"Toss"** in some fresh herbs. Ohio is the second-largest egg producing state in the nation. (http://www.ohpoultry.org)
- **Don't spill** the beans. Balance on one foot with arms out to the side. Switch to other foot. Beans that give us protein and can grow in Ohio include black beans, kidney beans, soy beans (including edamame) and pinto beans.
- Go fish! **Toss fishing line** into an Ohio rivers, streams, stocked ponds or Lake Erie.
- **Stretch** like the sunflower reaching toward the sun. Sunflowers add color to gardens and farms and the seeds taste great on top of a salad.

VARIATIONS: Actions can be performed seated in a chair; Actions can be rephrased like the game "Simon Says." Substitute "Brutus" for "Simon" for a game of "Brutus Says."

Use Flash Cards, have the participants draw a card, read the instructions and lead the activity.

This handout was adapted with permission from University of Minnesota Extension, *Energizers for Nutrition Education*. The information for Ohio was updated by Patrice Powers-Barker, Extension Educator and Suzanne Saggesse, graduate student. For more activity ideas, please visit http://www.extension.umn.edu/family/health-and-nutrition/toolkits-and-resources/energizers-for-nutrition-education/.