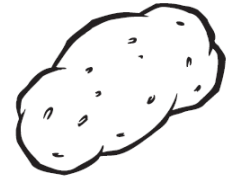




Energizer of the Month: Rooting Around the Classroom



Play this fun classroom energizer after the Harvest of the Month taste-test to help students learn which vegetables are root vegetables..

Ready:

- Remind students that root vegetables are the roots of plants that are eaten as vegetables. Remind young children that roots are the part of the plant that is underground.

Set:

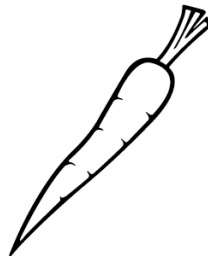
- Have students stand up behind their desks and push in their chairs.
- Play up-tempo music, like the *Shake it Up* CD (optional).

Go:

- Call out the name of a vegetable. If it is a root vegetable students squat down and pretend to pull it out of the ground. If it is not a root vegetable students do jumping jacks.
- Students continue the movement (squats or jumping jacks) until the next vegetable is called out.
- Call out a new vegetable every 20-30 seconds.

Root Vegetables:

- Potato
- Yam
- Sweet Potato
- Beet
- Carrot
- Turnip
- Parsnip
- Rutabaga
- Jicama
- Radish
- Onion
- Garlic
- Cassava
- Sunchoke
- Yucca
- Shallot
- Ginger
- Water Chestnut



Non-Root Vegetables:

- Asparagus
- Cabbage
- Eggplant
- Pepper
- Artichokes
- Green beans
- Bok Choy
- Broccoli
- Peas
- Zucchini
- Spinach
- Celery
- Cucumbers
- Squash
- Tomatoes
- Mushrooms
- Cauliflower
- Lettuce

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