



## Energizer of the Month: More Tomatoes Please!



*Play this fun classroom energizer after the Harvest of the Month taste-test to reinforce learning.*

### Ready:

- Have students spread out within the classroom or behind their desks with chairs pushed in. Students should be able to stretch their arms out in any direction without touching anything.

### Set:

- Tell students: *Tomatoes are eaten all over the world in lots of different ways. Let's see how many ways we can think of right now. Remember, you can still name a way to prepare tomatoes even if you do not like that dish or have never tried it.*

### Go:

- Say: *We will all start out doing scissor jumps\* while we try to think of a way to eat tomatoes. When you have thought of a way that has not already been said, you should stand still and do bicep curls and I will call on you to share. After you have given your answer, go back to scissor jumps until you think of another way to eat tomatoes.*
- If the class gets stuck you can use these prompts:
  - *How can you eat tomatoes for breakfast? Lunch? Dinner? Snacks?*
  - *What kind of sauces are made with tomatoes?*
  - *What Italian foods have tomatoes in them?*
  - *Can you name Latin or Mexican dishes that contain tomatoes?*
  - *Anybody know how people in Asia or Africa eat tomatoes?*
  - *How does your family eat tomatoes at home?*

\*Scissor jumps: Jump and land with one foot in front of the other. Jump again and quickly reverse feet.

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