



Power Station 1:

Veggietastic!

Vegetables help you see and play. With a partner, make up a handshake that ends with you both saying the name of a vegetable.

Repeat five times naming a different color vegetable each time.



Power Station 2:

Fruit-abulous!

Fruits help you learn and remember. With a partner, make up a “footshake” that ends with you both saying the name of a fruit.

Repeat five times naming a different color fruit each time.



Power Station 3:

Grain-derful!

Grains give you energy. Do five jumping jacks, then say the name of a healthy grain.

Repeat five times.



Power Station 4:

Protein-credible!

Foods in the protein group help your muscles. Do five pushups, then say the name of a healthy food from the protein group.

Repeat five times.



Power Station 5:

Dairy-mazing!

Dairy foods are good for your bones and teeth. Hop on one foot five times, then say the name of a healthy dairy food.

Repeat three times.