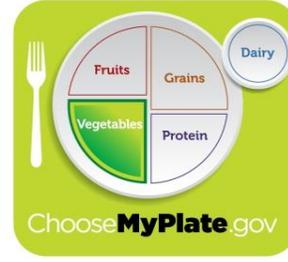


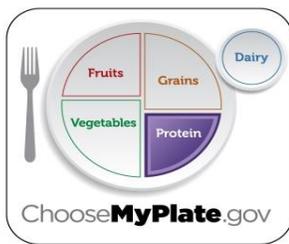
Soup Stir

Stir a huge pot of soup. **Switch arms. Stir in the other direction.** Name ingredients in the soup – from chicken noodle soup to chili to vegetable soup.



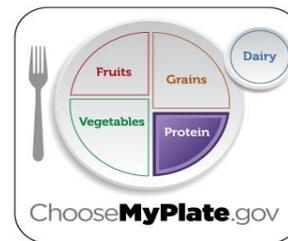
Potato Dig

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!



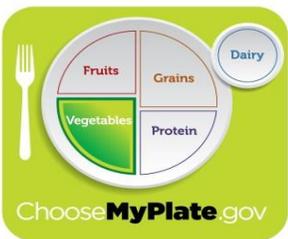
Egg Scramble

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>)



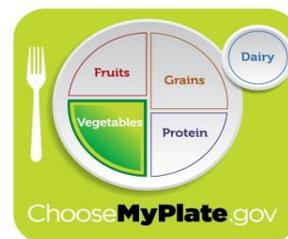
Bean Balance

Don't spill the beans! **Balance on one foot with arms out to the side. Switch to other foot.** Beans give us protein and grow in Ohio. They include black beans, kidney beans, soy beans (including edamame) and pinto beans.



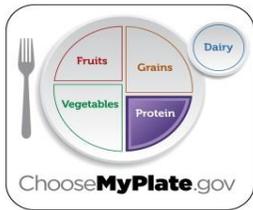
Salad Toss

Toss a salad – toss some greens. **Do 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?



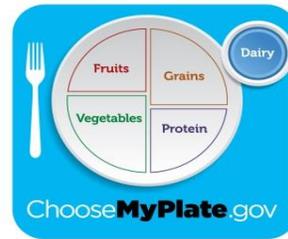
Pumpkin Lift

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, and Hubbard squash.



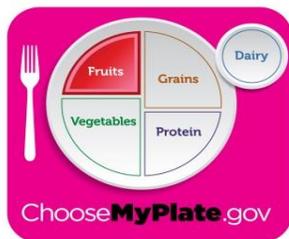
Sunflower Stretch

Stretch like the sunflower reaching toward the sun. Sunflowers add color to gardens and farms and the protein-packed seeds taste great on top of a salad.



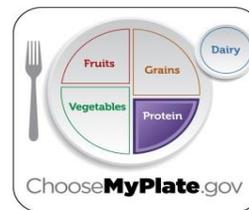
Barn Walk

Walk (forward and backward) to the barn. Do you know Ohio farmers raise more than 200 types of crops and animals? (Ohio Farm Bureau)



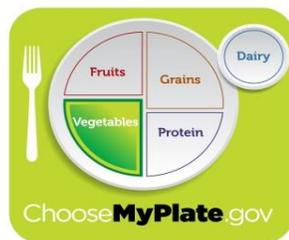
Fruit Smoothie

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!**



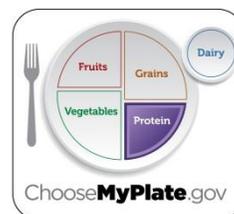
Turkey Trot

Flap your wings! Ohio turkeys eat more than 250 million pounds of corn each year. (<http://www.ohpoultry.org>)



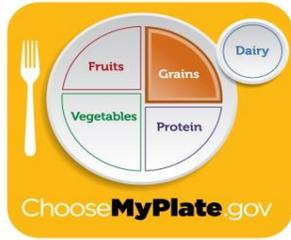
Veggie Dance

Dance to the “beet” and “snap” some green beans. Do you know that different varieties of (root) beets can be red, yellow or striped?



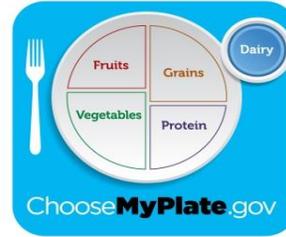
Catch A Fish

Go fish! **Toss fishing line** into Ohio rivers, streams, stocked ponds or Lake Erie.



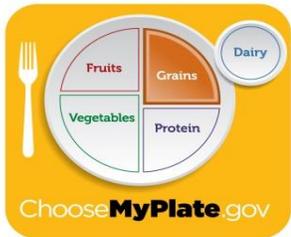
Popcorn Pop

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.



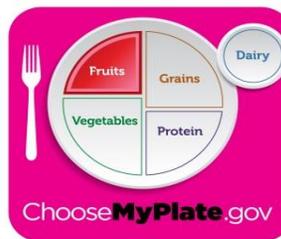
Weight Lift

Lift some weights. Along with milk, eat yogurt and cheese for calcium and strong bones.



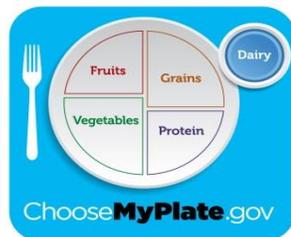
Bread Basket

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.



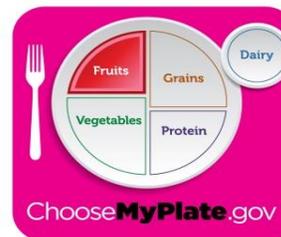
Garden Walk

Tiptoe (in place) around the strawberries, watermelon and cantaloupe.



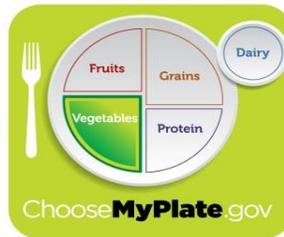
Milk the Cow

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)



Apple Pick

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.



Herb Punch

Parsley punch, **punch arms out in front**. Add some fresh herbs like parsley, rosemary, basil, mint and chives for a tasty “punch” of flavor.