

ACTIVITY WRITE-UP

Name of Activity: Fruit & Veggie Hokey Pokey

Type of modality	Primary: Nutrition Secondary: Dance/Movement
Type of play	Shared Cooperative
Interaction pattern	Intra-group
# of participants required	6+
Equipment/supplies	Music playing device/speakers Labeled Food Pictures Large food Pyramid placed in center of circle
Facilities required/environment	Enough space to make a circle
Precautions	Make sure participants are evenly spaced apart so they don't run into each other moving in and out of the circle. Make sure none of the participants are sensitive to music being played.

Directions

1. Leader should instruct the participants to get into a standing circle
2. Explain the food pyramid and the labeled pictures of different foods such as fruits, vegetables, dairy, etc. Each card should have picture of the food on one side with name of it on the other.
3. Leader demonstrates to put food into correct category on food pyramid
4. Leader puts on music
5. Starting from the leaders left each participant takes a turn putting a food picture on its correct spot on the food pyramid
6. Participants go around the circle putting foods in the correct category until all food pictures are into a category
7. Participants can assist others in labeling spots on the food pyramid, work together, and give hints.
8. Participants can also dance to song while waiting for their turn
9. When all the food pictures are labeled leader turns off music
10. Leader reviews with the group and discusses each food item and where it should be in the food pyramid.

Activity Analysis

Category	Skills
Primary body position	Standing

Part of the body required	All body parts
Movement	Standing, bending, reaching, grasping, releasing, trunk movement, twisting
Physical	Dynamic Standing, visual-motor integration, flexibility, gross muscle coordination, motor control, range of motion in upper extremities, fine muscle coordination, range of motion lower extremities.
Cognitive	categorization, insight, divided attention, alertness, intellectual knowledge, topographical orientation, organization and planning, simple problem solving, reading, shape/form recognition, Abstract thought.
Social	interpersonal interactions, maintaining social space, physical contact, regulating behavior, social conduct, showing tolerance, relating with equals, relating with persons in authority.
Perception	Auditory, tactile, visual
Communication/language	reception of spoken language, expression of spoken language
Self-care	N/A
Psychological/emotional (possible)	Frustration, joy, anger, fear, guilt

How to Simplify the Activity

Decrease the number of food pictures used. Have participants say which category each belongs in instead of placing them on the food pyramid.

How to Make the Activity More Complex

Remove labels from reverse sides of food pictures, have participants identify what the food is strictly by picture. Increase the number of food pictures. Don't allow participants to help one another with placement into the categories.

Other Comments

Be cautious of those who are sensitive to music being played. Can be adapted to a sitting activity for those who do not have the ability to stand for long periods of time.

Link to Song: <http://www.learningstationmusic.com/blog/2014/02/24/hokey-pokey-fruit-veggie-lyrics/>