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Snack Grains
Workout: Popcorn Pop
Target Grades: K-5

Goal: This game gets you moving up and down like popping popcorn.

Direct Teach:
- Most of the time we think of bread, cereal, and rice when thinking about grains, but there are many snack options that have grains in them
  - Snack Grain options: Baked chips, whole-grain crackers, pretzels, and rice cakes.
  - Popcorn can be flavored with cinnamon, curry, cheese, butter, and just a pinch of sugar to create many different snack ideas.
- Try to avoid processed grains such as white bread, white crackers, chips, and select whole-grain snacks instead.

Activity:
- All participants stand side-by-side facing the instructor, with their hands on the top of their heads while doing quick feet in place. The instructor will call out letters of the alphabet.
- Anyone whose name starts with that letter "pops" (jumps) up like a piece of popcorn, then returns to quick feet. The instructor calls out letters randomly. Go through the alphabet quickly so everyone is "popping"!
- The instructor can pick participants to be the caller after the participants understands the game

Additional modifications or extensions for virtual classrooms:
- Have students take turns in leading this exercise
- Scavenger hunt: give students 2 minutes to bring a grain snack from their kitchen. See what they bring you and have them find the ingredients to verify if it has a whole grain. You can celebrate all the students bringing something to share and being open to the activity. The focus is building on the knowledge and you can avoid singling out a student who may not have a whole grain snack food by saying something like, "Thank you for sharing and helping us learn today."

Professional Standards:
K-1 HE 115.2, b, 1, B; 115.2, b, 3, B; 115.3, b, 1, A
K-1 PE 116.2, b, 7, A; 116.3, b, 1, A; 116.3, b, 1, A; 116.3, b, 1, B
4-5 HE 115.7, b, a, F; 115.22, b, 1, H
4-5 PE 116.6, b, 3, E; 116.6, b, 7, A; 116.7, b, 7, A
6-8 PE 116.22, b, 4, F; 116.23, b, 4, E; 116.24, b, 4, D
9-10 PE 116.52, b, 2, A; 116.52, b, 4, B; 116.54, b, 3, A

SNAP Supplemental Nutrition Assistance Program