

**"Farms, Food & FUN!"
LESSON PLAN FIVE**

Accompanying Songs from CD: "The Fruit March" and "Healthy Farms, Healthy Schools."

Activity: Dance along with these two songs that were designed for dancing.

Skills: Kids can use their imaginations in becoming a fruit during the March. They can dig potatoes and mend fences in the Healthy Farms song. Freedom to dance uniquely is encouraged!

Grade Level: Kindergarten through third grade

Objectives: Have students learn the importance of exercise in everyday living. Show them that you can learn while dancing.

Time Required: Twenty minutes or longer, as interested.

Group size: Classroom or smaller groups, if preferred.

Materials Needed: CD player and lots of room to dance!

Procedure: Find an area where desks, nor chairs, are in the way and turn on the CD player to these back-to-back songs. Encourage laughter and fun through exercise!

Evaluation: Ask the children what parts of their bodies they've used in motion during these dances. See if they can use the opposite arms or legs the next time.

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