



Corn Dancin' Exercise



**On your Mark, Get Set,
Let's Move!**



INSTRUCTIONS:

- * Stand with feet apart.
- * Raise your left hand and foot like you are grabbing a branch.
- * Then raise your right hand and foot.
- * When you get to the top - let the wind blow your hands like tassels of corn.

Fruit and Veggie Talk:

There are many ways to eat your corn. You can eat it off the cob, by the kernel or even in soup. What is your favorite way to eat your corn?