

Eating Healthy Dance Party

Dancing is a great way to get your heart rate up and can be fun for all! This specific dance activity incorporates healthy eating messages into fun movements through music. Studies show that pairing learning with creative movement and music leads to better understanding and retention of learning for children. Share this activity with friends and relatives and invite them to join virtually. Consider scheduling an at-home dance party activity on a virtual meeting platform to show off your new songs and moves!

Visit these websites for fun songs to learn and incorporate movement:

- [Songs for Teaching](#) uses music to promote learning and provides a library full of nutrition and food songs.
- [USDA ChooseMyPlate](#) has three songs to learn and get moving to while promoting MyPlate and healthy eating.
- [Color Me Healthy](#) music gets children up and moving to a fun and happy beat.
- [The Learning Station](#) brings you the Fruit and Veggie Hokey Pokey! A twist on an all-time favorite dance song.

Source: Action for Healthy Kids