



All 4 Kids: Healthy, Happy, Active, Fit

Pack It Up

by Dominic French, Christy Eliaers, Anne Lindsay
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- Chorus:** *Pack it up, pack it up with your vegetables
Pack it up with your breads and fruits
Pack it up, pack it up with foods on the go
Pack it up with the foods that'll help you grow (Repeat)*
- Verse 1:** *Some foods are "GO", "Go!" some foods are "SLOW" "Slow!"
Some foods are "WHOA" "Whoa!" – These are foods you should know
Foods you eat everyday, yeah these are called "GO"
These will help you get stronger from your head to your toes.*
- "GO" foods are healthy, so let's make a plan
Carrots, grapes, and beans fresh or in a can
Pretzels, pears and oranges are just so cool
Yeah "GO" foods you can eat 'em after school*
- Verse 2:** *What about your "SLOW" foods, they fall in the middle
Pasta, juice, get the pancakes all on the griddle
These are foods you can eat but not everyday
They'll help you stay fit and on your way*
- Verse 3:** *Now you gotcha "WHOA" foods, you don't eat a lot
Like candy, chips and even soda pop
These are all foods that you'll need to know
When you need to say, when you need to say "Whooooooooooooa!"*
- Outro:** *Some foods are "GO" "Go!"
Some foods are "SLOW" "Slow!"
Some foods are "WHOA" "Whoa!"
These are foods you should know (repeat 2x)
Now listen up kids, it's the golden rule
Just "eat when you're hungry and stop when you're full!"*

Promotes healthy eating

CREDITS

“Pack It Up”

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SONG

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Ginisis TNB

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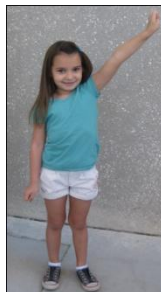
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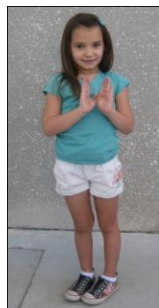
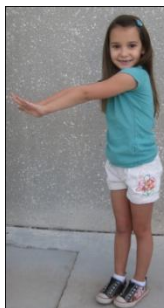
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- **Shout “Go!” as you put your fist up in the air**
(Verse 1, Lines 1 and 2)



- **Shout “Slow!” as you move your upper body in a circular motion one time with arms out in front of body and palms facing away from body**



- **Shout “Whoa!” as you lean your upper body backwards and push your arms out in front of body**



- **Shout “Know” as you point with both index fingers to your temples**



- **Pretend to be eating various foods by taking each hand to your mouth as if you were munching on something—should get about 4 “munches” in**

(Verse 1, Line 3)



- **Flex your arms by placing your arms in a “muscle man” position with elbows bent**

(Verse 1, Line 4, Part 1)



- **Put both hands on top of your head**

(Verse 1, Line 4 Part 2)



- **Bend over and touch both hands to your toes**



- **Up/Downs* - 4x**

(Verse 2)

- Squat down



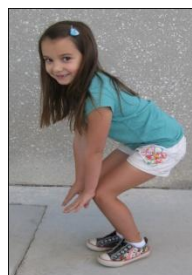
- Jump and kick your legs out



- Jump and bring your legs back to squatting position



- Stand up

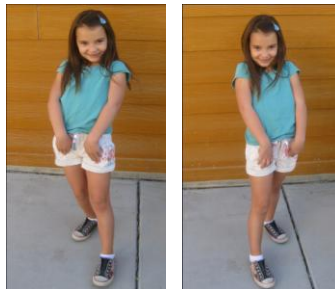


- **Fly like a superhero*- 4x**
(First half of chorus)
 - 3 hops left
 - 3 hops right
- **Pack your lunch*- 4x**
(Second half of chorus)
 - Left
 - Right

- **Shoulders* (shrug your shoulders and step forward) - 2x**
(Verse 3)
 - Right
 - Left



- **Shoulders* (shrug your shoulders and step backwards) - 2x**
(Verse 4)
 - Right
 - Left



- **Fly like a Superhero - 4x***
(First half of chorus)
 - 3 hops left
 - 3 hops right
- **Pack your Lunch***
(Second half of chorus)
 - Left
 - Right

(Last verse, Lines 1 and 2)

Complete 3x

- **Shout “Go!” as you put your fist up in the air**
- **Shout “Slow!” as you move your upper body in a circular counter-clockwise motion one time with arms out in front of body and palms facing away from body**
- **Shout “Whoa!” as you lean your upper body backwards and push your arms out in front of body with palms facing away from body**
- **Shout “Know” as you point with both index fingers to your temples**

- **Criss cross 7 times***

(Last verse, Lines 3 and 4)

- Jump and land with legs out



- Jump to cross



- Cross



- Jump and land with legs out



- Jump and land with opposite foot crossed in front



- **Jump and land with feet shoulder-width apart, and arms raised above head in a “Y-shape” and shout “Stop when you’re full!”**

(Last phrase of song)





Description of Specific Moves for Pack it Up

- **Fly like a Superhero**

- Start with arms pointed down to the floor in front of your body, with hands next to each other
- As you hop on your left foot 3 times, keep both arms straight and swing them up to the left towards the ceiling with palms facing away from body
- Bring arms back to starting position
- As you hop on your right foot 3 times, keep both arms straight and swing them up to the right towards the ceiling with palms facing away from body
- Bring arms back to starting position

- **Pack your lunch**

- Place left hand on left hip, cupping it as if you were going to hold something in it
- Raise right arm towards the ceiling, as if you were grabbing a piece of fruit off of a tree
- Bring right hand down diagonally to meet left hand. As you do this, bring your right knee up as you lower your chest to meet your knee and balance on your left foot.
- Place right foot back on the ground
- Place right hand on right hip, cupping it as if you were going to hold something in it
- Raise left arm towards the ceiling, as if you were grabbing a piece of fruit off of a tree
- Bring left hand down diagonally to meet right hand. As you do this, bring your left knee up as you lower your chest to meet your knee and balance on your right foot.
- Place left foot back on the ground

- **Up/Downs**

- Squat down on the ground so your weight is distributed between your hands and the balls of your feet
- Kick both legs back behind you so you end up in a “push-up” position
- Bring back both legs so you are in the original squatting position
- Jump back up



Description of Specific Moves for Pack it Up

- **Shoulders**

- Place hands on thighs and step forward with right foot
- As you do this, raise shoulders towards ears 4 times as if saying “I don’t know”
- Pull your shoulder blades together as you shrug your shoulders to engage rear shoulder muscles
- Step forward with left foot
- As you do this, raise shoulders towards ears 4 times as if saying “I don’t know”
- Pull your shoulder blades together as you shrug your shoulders to engage rear shoulder muscles
- Repeat the same movement when stepping backwards (will step back with right foot, then left foot, then right foot, then left foot)

- **Criss Cross**

- Start standing with feet together
- Jump and land with feet shoulder-width apart
- Jump and land with feet crossed so they make an “X” (one foot will be crossed over the other foot)
- Jump and land with feet shoulder-width apart