

Continue each bulleted activity or set of activities for 15-30 seconds.

## The Iowa State Fair

- Finally it's here! My favorite part of the summer the Iowa State Fair! I sprint to the car as I am excited to go!
- The parking lot seems to be miles of cars, so it's a long <u>walk</u> to the front gate. The sun is out and I already am <u>fanning</u> myself in the hot sun. Our first stop is the big yellow slide. There are many, many steps we must <u>climb</u> to the top. We each have a rug and on the count of three down we go <u>arms high</u> in the air and <u>laughing</u> the entire way.
- I can see the fancy horses practicing in the arena. They look beautiful as they <u>trot</u> around and around. My entire family loves the Learning Center where there are farm animals being born. Baby chicks <u>peck and peck</u> at their food. New lambs jump and <u>kick</u> their feet. Small piglets <u>run zigzag</u> in all directions.
- The new farm equipment is always a place my family explores. We love to <u>climb up</u> the ladders to new combines and tractors. They are HUGE!
- Every family member gets one ride on the midway. I always want the spinning rides. I <u>spin</u> around and around. In the hot afternoon we stop for some freshly squeezed lemonade. It's amazing how they <u>squeeze</u> and <u>squeeze</u> those lemons for the sweet juice.
- The giant pumpkins are always a spot for family pictures. We all pretend we can carry one, by <u>stretching</u> our arms out and <u>lifting</u>. It's time to head home! I can't wait until next year!

## TEAM NUTRITION TA IOWA