



get active.  
save lives.®



**MISSION:  
HOW RUTF IS MADE**

## Kinesthetic Activity: Making RUTF

### Objectives

#### Students will:

- Learn how RUTF is made in Niger.
- Engage in a kinesthetic activity and mimic the production of RUTF in factories.
- Understand how RUTF is made.

#### Set-Up

- Queue video [RUTF Made in Niger](#).
- Gather the supplies listed under Materials.

**Time:** 30 minutes

#### Materials

- 60 (or more) round items of similar size and shape such as peanuts, beans, marbles or paper balls with at least 20 marked in black (or another color) with a marker or sticker
- Two large bowls or containers that can hold around 20-30 of the round items
- Three small resealable plastic bags
- Two small boxes that can hold the resealable plastic bags
- Computer and Internet access
- Interactive whiteboard or projector/screen

### Directions

**1.** Before starting this activity, make sure everything is set up. In a large, open space, scatter all peanuts on one end of the "finishing line", located in relatively close proximity to one another. On the other end of the space, the "starting line", place two boxes with resealable plastic bags. Place the two bowls in the center.

**2.** Gather students in a classroom. Show the video [RUTF Made in Niger](#). Ask students what they saw that had to do with the production of RUTF.

(Suggested answer: Peanuts are picked from a peanut farm and sold in local markets. Peanuts are then taken to a factory to be sorted, inspected and cleaned. After being mixed with other ingredients and grinded into a paste-like consistency, RUTF is packaged and stored in boxes, then delivered to those who need it.)

**3.** Take students out into an open space and divide students into groups of three to six people, with a total of two teams. Have teams stand at the starting line. Explain that students will learn about the production of RUTF in Niger and will engage in an activity that mimics the production of RUTF.



get active.  
save lives.®



**MISSION:  
HOW RUTF IS MADE**

**3.** Assign the following roles to each group. One person may have more than one role, but not consecutive roles.

- Peanut Farmer
- Mixer/Grinder
- Ingredient Inspector
- Packager

**4.** Explain and follow the rules of the activity, amending as needed:

- On your signal, have the **Peanut Farmers** run from the starting line to where the peanuts are scattered. Their job is to gather as many peanuts as possible with their hands, one peanut at a time. Once they feel like a sufficient number of peanuts have been gathered, have them deposit all peanuts into the bowls in the middle of the playing field.
- After the peanuts are deposited, have the **Ingredient Inspector** run from the starting line to the bowls. Their first job is to count how many peanuts they have in their bowl. When they shout out the number of peanuts they have, have everyone on their opposing team waiting at the starting line do the equivalent number of jumping jacks in a synchronized manner.
- Meanwhile, have the **Ingredient Inspector** pick out and discard all the marked peanuts, representing peanuts that are not good enough in quality. Once they are done inspecting, they should put their bowl down and wave their hand high in the air, signaling the **Mixer/Grinder** to run towards the bowl. If the **Mixer/Grinder** is in the middle of doing jumping jacks, he or she is not allowed to run until the jumping jacks are completed.
- Have the **Mixer/Grinder** run from the starting line, take the bowl, and run towards the Packager at the starting line. In order to mimic mixing, have them mix the peanuts with one hand while running towards the starting line.
- When the **Packager** receives the mixed peanuts, they must divide the peanuts into equal amounts and package them into the two resealable plastic bags, then place the bags into boxes. Once this is complete, have the packager run with the box to the finish line.
- Play several rounds of this activity, giving everyone an opportunity to participate.

**Teacher Tip:** Now that you've learned about RUTF, help your students recognize their role in the global community through [I Am A Global Citizen](#).