



2ND GRADE LESSON: Go, Slow & Whoa Foods SC STANDARD: 2.1.1



It's your world.

GO, SLOW & WHOA FOODS

OBJECTIVES:

- Define Go, Slow, and Whoa foods and how they affect our health
- Recognize the importance of eating more Go foods and limiting Slow and Whoa foods
- Distinguish and categorize Go, Slow, and Whoa foods and understand how a Go food can become a Slow or Whoa food

LET'S GET STARTED! (10 MINUTES):

- Discuss the importance of all types of food in the diet
- Define Go, Slow, and Whoa foods and explain why Go foods can be eaten more often than Slow or Whoa foods
- Ask how Go foods can become Slow or Whoa foods

ACTIVITY (15 MINUTES):

- Sort foods into Go, Slow, or Whoa categories while incorporating a physical activity component

WRAPPING UP (5 MINUTES):

- Review the definition of Go, Slow, and Whoa foods, and allow students to ask any final questions
- Hand out Boss' Backpack Bulletin sheet as well as the weekly task

SC STANDARDS:

- 2.1.1.1 Ask self-generated questions that lead to group conversations, explorations, and investigations.

MATERIALS:

- Food and drink cards
- Boss' Backpack Bulletin handout

LET'S GET STARTED!

- This week we are going to talk about how eating good foods is a very important part of keeping your body healthy!
- Ask students if they think there are "good" foods and "bad" foods. Explain that while a healthy diet contains all foods, some are better for you than others. Define Go, Slow, and Whoa foods.

DIALOGUE BOX

- A healthy diet doesn't have "good" and "bad" foods; it includes all types of foods! There are some foods you should eat more often than others, though, because they are more nutritious and more helpful in keeping your body healthy.
- Go foods are foods you can eat almost any time you want! They are the most nutritious and healthy foods for your body. Some examples of Go foods are fruits, vegetables, skim milk, low fat cheese and yogurt, and whole grains like oatmeal and whole wheat bread.
- Slow foods are "sometimes" foods. They aren't off limits, but they definitely aren't as nutritious as Go foods. Some examples of Slow foods are peanut butter, nuts, canned fruits and vegetables, white bread, 2% milk, and fruit juice.
- Whoa foods are the least healthy foods and should only be eaten every once in a while or on special occasions. They are often high in fat and sugar, and if you eat too many Whoa foods, you won't be healthy! Some examples are cake, ice cream, fast food, sodas, and hamburgers.
- Ask students to name some of their favorite Go foods. Ask about their favorite Slow and Whoa foods as well. Explain what makes their example a Go, Slow, or Whoa food.
- Ask the students specific What If? and How? questions about Go, Slow, and Whoa foods:
 - *How does a Go food turn into a Slow food?*
 - Eating more than the serving size of Go foods can turn them into Slow foods. Example: Strawberries are a Go food, but eating a whole gallon of them would make it a slow food!
 - *How does a Slow food turn into a Whoa food?*
 - Eating too much of a Slow food can make it a Whoa food. Example: Eating a small handful of nuts is a Slow food, but eating three pounds of nuts turns them into a Whoa food.
 - *What if a Go food is changed from its natural form by processing it or adding sugar, like when apples are made into applesauce or apple juice?*
 - It changes from a Go Food to a Slow or Whoa food.
- *Can anyone name some other examples?*
 - (fruit to fruit juice, fruit to dried fruit, vegetables to vegetable chips, potatoes to French fries, oatmeal to oatmeal cookies etc.)

ACTIVITY

- Divide children into 2 groups and distribute food cards evenly among them. The game is a relay in which students must collectively decide how to categorize foods (Go, Slow, or Whoa).

DIALOGUE BOX

- I am going to distribute a set of cards to each group. Keep them facing down.
- One student will turn over the first card, and everyone in the group will decide if the food on the card is a Go, Slow, or Whoa food.
- The student who turned over the card will place the card in the appropriate pile after doing 5 jumping jacks, and then tag the next student in the group.
- Repeat until all the cards have been categorized. The first group to finish wins.
- Following the game, go through the cards in each category and talk about any foods that were incorrectly sorted, explaining why.
- Explain why some items may be misleading, such as why fruit gummies or fruit juice are not Go foods.

WRAPPING UP

- Ask the students if they have any questions about the game or other Go, Slow, or Whoa foods.
- Review the definitions of Go, Slow, and Whoa foods by asking students to define them and give examples.
- Hand out Boss' Backpack Bulletin that will help them remember what Go, Slow, and Whoa foods are while also giving them a weekly goal to reach.
- Boss' Backpack Bulletin will encourage students to write down Go foods that they eat during the week.



GO, SLOW, WHOA REFERENCE CHART

FOOD GROUP	GO!	SLOW!	WHOA!
FRUITS	All fresh and frozen fruits, fruits canned in their own juice (without added syrups or sugars)	Fruits canned in light syrup, dried fruits	Fruits canned in heavy syrup
VEGETABLES	Fresh or frozen vegetables, vegetables canned without added sauces or fats	Vegetables canned with added sauces or fats, oven baked french fries, avocado	Deep fried vegetables, fried potatoes (french fries, hash browns)
GRAINS	Whole wheat bread, whole wheat tortillas, whole wheat pasta, brown rice, whole wheat unsweetened cereals, air popped popcorn	White bread, white rice, white pasta, granola, waffles and pancakes, taco shells, low fat microwave popcorn, pretzels	Muffins, doughnuts, sweet rolls and sweet breads, sweetened breakfast cereals
DAIRY	Skim or 1% milk, low fat yogurt and cottage cheese, low fat cheese	2% milk, reduced fat cheese	Whole milk, full fat cheese, whole milk yogurt, cream cheese
MEAT/POULTRY EGGS/BEANS	Chicken and turkey without the skin, extra lean ground beef, trimmed pork and beef, baked, broiled, or steamed fish/shellfish, beans	Lean ground beef, ham, Canadian bacon, chicken and turkey with the skin, eggs, peanut butter, nuts	Untrimmed beef and pork, ground beef, ribs, bacon, fried chicken, hot dogs, sausage, pepperoni, fried fish/shellfish
SWEETS		Frozen fruit juice bars, low fat frozen yogurt	Cookies, cakes, pies, cheesecake, ice cream, candy
FATS		Avocado, olive oil, vegetable oil, nuts, fish, olives	Butter, cream, mayonnaise
BEVERAGES	Water, skim or 1% milk, unsweetened tea, black coffee	2% milk, 100% fruit juice	Whole milk, soda, sweet tea, sports drinks, less than 100% fruit juice

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to eat more Go foods! Go foods are healthy for your body and your brain! Check off each goal you meet this week and write the Go food on the line below.



GO FOOD GOALS!

- Eat a Go food for breakfast

- Eat a Go food for snack

- Add a Go food to your lunch

- Add a Go food to your dinner

- Try a new Go food you've never had before
