



3RD GRADE LESSON: Go, Slow & Whoa Foods SC STANDARD: 3.P.2A.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):

- Look at the physical properties of a bag of candy (including length, mass, temperature, and volume of liquids).

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:

- 3.P.2A.1 Analyze and interpret data from observations and measurements to describe and compare the physical properties of matter (including length, mass, temperature, and volume of liquids).

MATERIALS:

- A bag of M & M or Skittles
- A ballance to weigh the bag
- A ruler
- A measuring cup
- A hot plate or way to heat it up
- 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

DIALOGUE BOX

- Can any of you think of ways that a Go food can turn into a slow food? Eating more than the serving size is one way a Go food turns into a Slow food. An example: grapes are a go food, but eating an entire bag of grapes makes it a slow food!
- How does a slow food turn into a whoa food? This is similar to the other in that if you eat too much of a slow food, it can count as a whoa food! For example, eating a spoon full of peanut butter is not that bad for you and counts as a slow food, but eating an entire jar of peanut butter definitely counts as a whoa food!
- What do you all think happens when go foods, like apples, are changed from its natural form and turned into a slow or whoa food, like applesauce or apple juice? By adding artificial ingredients to Go foods, like sugar, it makes that Go food less healthy, and turns it into another food that may be a slow food, like apple juice, or a whoa food, like apple pie.
- Can anyone else give other examples of this? (Grapes and grape juice, vegetables and vegetable chips, and potatoes to French fries)

ACTIVITY

- This activity will look at the physical properties of a bag of M&Ms (or you can use Skittles if you would like).

DIALOGUE BOX

- Students look, I have a bag of M&Ms.
- Can someone tell me if M&Ms are a go, slow or whoa food?
- Yes, they are a Whoa food. That means that you should only have them occasionally.
- We are going to look at the physical properties of these M&Ms.
- Can anyone tell me what some of the physical properties of matter are?
- We are going to look at the mass of each bag, the length of each bag and the temperature we must heat them to turn them from a solid to a liquid.
- We will look at mass first. We can measure mass by using this balance.
- Put the M&M bag on one side and the weights on the other. Keep doing that until the balance is straight and not moving back and forth.
- Who can read the mass of the bag of M&Ms?
- Can someone write the mass on the board for us?
- Ok, now we will measure the length of the bag. What do we use to measure that?
- Yes, a ruler. Who would like to measure the bag with this ruler?
- Can someone write the length of the M&Ms on the board?
- Optional Activity, if have access:
- Ok, now we are going to look at is the temperature point that the M&Ms melt. We will put them in this class container and heat in the microwave.
- Can someone stick this candy thermometer in the melted chocolate and read what it says?
- Can someone write the melting temperature on the board?
- Now that the chocolate is in a liquid, we can measure the volume of the M&Ms.
- Since we melted it in this measuring cup, who can come read the M&Ms volume.
- Can someone write the volume on the board?

- Great!
- Ok, class, you now know how to record mass, length, melting temperature and volume of M&Ms.
- Does anyone have any questions?

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
