



Educator guide: Go and whoa foods lesson

Recommended for grades:

Kindergarten

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this lesson students will be able to:

1. Determine whether a food is a go food or whoa food.

Lesson description:

In this lesson students will learn the difference between go and whoa foods. They will practice putting different foods into go food or whoa food categories.

Pre and post-test question:

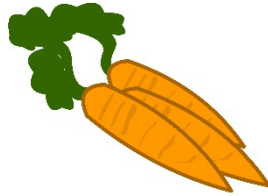
Use the question on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Which food is the “go” food? (circle one picture)



Potato chips



Carrots



Ice cream

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Go and whoa foods lesson. You may choose to use this list in any way that fits your needs.

- Dairy – one of the food groups on MyPlate, which includes foods like milk, cheese and yogurt
- Fruit – one of the food groups on MyPlate, which includes apples, grapes and pineapple
- Go foods – foods that you can eat almost any time because they are good for you
- Grains – one of the food groups on MyPlate, which includes bread, rice, noodles and cereal
- Protein – one of the food groups on MyPlate, which includes chicken, fish, eggs and beans
- Vegetable – one of the food groups on MyPlate, which includes lettuce, broccoli, peppers and carrots
- Whoa foods – foods that you shouldn't eat very often because they are not very good for you

Supplemental activity: More go, less whoa

Objectives:

After completing this activity students will be able to:

- Determine whether a food is a go food or a whoa food.

Materials needed:

- Whiteboard or chalkboard

Time required:

20 minutes

Instructions:

Review the following with students:

- Go foods are healthy foods that you can eat almost any time.
- Whoa foods are less healthy foods that you should only eat once in a while.
- Go foods include: fruits, vegetables, whole wheat bread, low or non-fat milk and cheese.
- Whoa foods include: Fried foods, potato chips, candy, cookies, ice cream and cake.

Ask students to name one food they like to eat, and write down their responses on a white board or chalkboard. Then determine, as a group, whether each food is a go food or whoa food. If it is a whoa food, see if the class can come up with a replacement for that food that would be considered a go food. By the end of the activity you should have a good list of go foods.

Feel free to discuss how some foods can be a go food or a whoa food. For example skim milk would be a go food, but chocolate milk would be a whoa food. Remind students that it doesn't mean they can never eat whoa foods. But, they should try to limit those foods to special occasions. Go foods are the foods that give our bodies the energy they need!



Transcript

Slide 1

Go & whoa foods

Slide 2

Foods can be healthy or unhealthy. Go foods are healthy. Whoa foods are not as healthy.

Go! Or, whoa! Say it with me: Go! Or, whoa! Good job!

If a food is a “go food”, it’s good for you, and you can eat it almost any time. Go for it! If a food is a “whoa food”, it’s not as good for you. You should only eat it once in a while. Whoa, it’s time to stop and think!

What kinds of foods are go foods? Vegetables, fruits, and some kinds of bread, cheese, and milk. They’ll give you energy! It’s time to go!

What kinds of foods are whoa foods? Fried chicken, potato chips, candy, cookies, ice cream and cakes. If you eat too much, you’ll feel tired and you’ll slow down. Whoaaaaa.

Slide 3

Can you decide if foods are go foods or whoa foods? Look at the picture of the food. If it’s a go food, click the go food button. If it’s a whoa food, click the whoa food button.

Is this a go food or a whoa food?

Go - That’s right! Carrots are a go food because they’re very healthy. You can have them at meals or for a snack!

Whoa - Oops! Carrots are a go food. They’re very healthy. You can have them almost any time. Try again.



Slide 4

Is this a go food or a whoa food?

Go - Uh oh! Ice cream sundaes are really a whoa food. They're not very healthy. You shouldn't eat them very often. Try again.

Whoa - Good job! Ice cream sundaes are a whoa food. They're not very healthy. You should only have them once in a while.

Slide 5

There's another kind of whoa food you should know about: drinks with lots of sugar. Do you know which drinks have lots of sugar? Sodas, sports drinks, flavored milk and some fruit juices. It's healthier to drink white milk or water. Look at Buzz the Alien. He drinks soda all the time, and he always ends up feeling bad.

Buzz: I love soda.

Don't they have healthy drinks on your planet, Buzz?

Buzz: I don't care.

Slide 6

Good job!

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Contact us:

Children's Wisconsin
E-Learning Center

(866) 228-5670

healthykids@childrenswi.org

