

# Educator Guide: Match the Stars Game

**Recommended for Grades:**

1<sup>st</sup> grade

**Time:**

3 minutes

**Prerequisite:**

For students to be successful in the game, they would benefit from participating in the following lesson:

- Go and Whoa Foods Lesson (1<sup>st</sup> grade)

**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](http://shapeamerica.org).

**Learning Objectives:**

After completing this activity students will be able to:

1. Name one go food.
2. Name one whoa food.
3. Determine whether a simple food is a go food or whoa food.

**Activity Description:**

This matching game gives students a chance to recognize go foods and whoa foods. As a simple memory game, Match the Stars is a quick and interactive way to reinforce examples of go foods and whoa foods.

**Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Match the Stars Game. You may choose to use this list in any way that fits your needs.

- Go foods – foods that you can eat almost any time because they're good for you
- Whoa foods – foods that you shouldn't eat very often because they're not very good for you

# Transcript

## Slide 1

Remember what go foods and whoa foods are? Go foods are good for you. Whoa foods are not very good for you. Can you match the pairs of go foods and whoa foods? Click on the play button to try.

Click the stars to match pairs of foods.

## Go Foods

Whole wheat bread-Go!

Grapes-Go!

Turkey sandwich-Go!

Broccoli-Go!

Banana-Go!

Cereal-Go!

Beans-Go!

Apple-Go!

Milk-Go!

Carrots-Go!

Celery-Go!

Cheese-Go!

Chicken-Go!

## Whoa Foods

Pie-Whoa!

Soda-Whoa!

Butter-Whoa!

Donut-Whoa!

Chocolate chip muffin-Whoa!

Candy bar-Whoa!

Ice cream-Whoa!

French fries-Whoa!

Bacon-Whoa!

Hot dog-Whoa!

Cookies-Whoa!

Potato chips-Whoa!

## Final Screen

Good job! You matched all the go foods and all the whoa foods. Remember to choose a healthy go food for your next snack. Yum! Click play again to match more go and whoa foods.



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