



## Educator guide: Slingshopping game

### **Recommended for grades:**

6<sup>th</sup> grade

### **Time:**

5 minutes

### **Prerequisites:**

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

- Nutrition lesson (6<sup>th</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 lesson students will be able to:

1. Categorize foods from each food group into go, slow and whoa foods.

### **Activity description:**

In this game food will be loaded into a slingshot and students need to decide if that food is a go, slow or whoa food before slinging the food into the correct shopping cart. Students must get enough points to fill their health meter to move onto the next level.



**Vocabulary:**

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

- Go foods – foods that contain lots of nutrients and are good to eat at any meal or snack
- Slow foods – foods that shouldn't be eaten every day, but aren't totally off limits
- Whoa foods – foods that contain very little vitamins and minerals and should be limited to no more than once per week, or as a special treat

# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and physical activity resources for parents, caregivers and educators

- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://kidshealth.org)
- Mental Health America, [mhanational.org](https://mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- U.S. Department of Agriculture (USDA), [myplate.gov](https://www.myplate.gov)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Instructions

Welcome to Slingshopping! To play this game you'll need to identify foods as go, whoa, or slow foods, and shoot them into the matching carts using your slingshot. Shoot the apple at the go shopping cart to begin the first level. Click and drag the apple until the X is over the cart, then let go.

## Level 1

Shoot each food into the correct go, slow and whoa carts. Fill the health meter before the timer runs out and you'll move on to level two. Good luck!

## Level 2

Great job! You've made it to level two. Fill the health meter before the timer runs out and you'll move on to level three. Good luck!

## Level 3

Nice work! You've made it to level three. In this level, the carts will be moving targets. Fill the health meter before the timer runs out and you'll move on to level four. Good luck!

## Level 4

Great job! You've made it to the fourth and final level. Fill the health meter before the timer runs out and you'll win the game. Good luck!

## Lose

Sorry! The timer ran out before you filled the health meter. Click play again and give it another try.



## Win

Great job! You've cleared all four levels. Click play again to try and beat your high score.

Below is a list of all of the food and drinks that students may see during the game categorized into go, slow or whoa foods.

## Go

Apple, green grapes, raspberries, blueberries, watermelon, broccoli, strawberry, peach, kiwi, red grapes, tomato, bag salad, mushrooms, spinach, baby carrots, beet, orange, pear, bananas, celery, cucumber, skim milk, water, bran cereal, whole wheat pasta, bones skinless chicken breasts, whole wheat English muffins, whole wheat tortillas, whole wheat hamburger buns, whole wheat hot dog buns, eggs, peanut butter, pork chop and whole grain bread

## Slow

2% milk, 85% lean ground beef, chicken with skin, 100% fruit juice, fruits canned in light syrup, white bread, French toast, waffles, pancakes, cream cheese, pretzels, baked chips, granola bar, pudding, cereal bar, low-fat mayo, ketchup, potato, corn, graham crackers, goldfish crackers, white rice and corn flakes

## Whoa

Cheesecake, ice cream sandwiches, fish sticks, chicken nuggets, French fries, sweetened cereal, bologna, bacon, hot dogs, snack cakes, sandwich cookies, cookies, candy bar, potato chips, cheese curls, chocolate milk, fruit punch, brownies, cookies, doughnuts, cola, sports drink, root beer, grape soda and orange soda



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