



Educator Guide: Go and Whoa Foods Lesson

Recommended for Grades:

1st grade

Time:

4 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. Name one Go food.
2. Name one Whoa food.
3. Determine whether a simple 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 be able to practice categorizing foods as either a Go food or a Whoa food.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in.

1. Which food is the Go food?



Potato chips



Banana



Snack cakes

2. Which drink is the Go food?



Sports Drinks



Soda



Milk

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.

- 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

Supplemental Activity: Whoa Foods, Go Foods

Objectives:

After completing this activity students will be able to:

- Name one Go food.
- Name one Whoa food.
- Determine whether a simple food is a Go food or a Whoa food.

Materials Needed:

- SMART board, whiteboard or chalkboard
- Gym or outdoor space

Time Required:

20 minutes

Instructions:

Review with students the importance of breakfast, focusing on the following:

- Go foods are healthy foods that you can eat almost any time. They give your body lots of energy.
- Whoa foods are less healthy foods that you should only eat once in a while. Eating too many Whoa foods can make you feel tired and crummy.
- 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.

This activity is a modified version of Red Light, Green Light. You will be calling out names of different foods and drinks. If it is a Go food students should run or jog, and if it's a Whoa food they should stop. If space is an issue, you could modify the activity so that students are doing a movement like jumping jacks, or running in place for the Go foods, and sitting or squatting down for the Whoa foods.

Also 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 and Whoa foods

Slide 2

Go! Whoa! Have you ever heard those words before? You can use them to decide if a food is healthy or unhealthy. Go foods give you lots of energy. Whoa foods don't. Can you decide which foods are Go foods and which ones are 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 food: That's right! Bananas are a Go food because they're very healthy. You can have them at meals or as a snack!

Whoa food: Oops! Bananas are a Go food. They're very healthy. You can have them almost any time.

Slide 3

Is this a Go food or a Whoa food?

Go food: Uh oh! Potato chips are really a Whoa food. They're not very healthy. You shouldn't have them very often.

Whoa food: Good job! Potato chips are a Whoa food. They're not very healthy. You should only have them once in a while.

Slide 4

You made some good choices about Go foods and Whoa foods. Now we'll talk a little more about what Go foods and Whoa foods are. If a food is a Go food, it's good for you. It has lots of healthy things in it, and you can eat it almost any time. Go foods will fill you with energy! It's time to Go! If a food is a Whoa food, it's not as good for you. You should only eat it once in a while, and you should only have a little bit. 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. If you eat these, they'll fill you with energy! You'll get up and go!

What kinds of foods are Whoa foods? Donuts, potato chips, candy, soda, cookies, ice cream, and cakes. If you have too much, you'll feel unhappy and tired. Whoaaaaa ...



Slide 5

Here in outer space, foods are hard to catch because they're always floating around. Look at all these Go foods and Whoa foods. Can you tell which is which? Click on the moving pictures to hear what kind of foods they are.

Broccoli: Go!

Potato chips: Whoa!

Snack cakes: Whoa!

Milk: Go!

Slide 6

Buzz: Soda is my favorite.

Oh, no. It's Buzz! It looks like our alien friend is still drinking too much soda. Soda is part of a special group of Whoa foods: drinks with lots of sugar. Can you name other drinks with lots of sugar? Sports drinks, flavored milk, and fruit juices. They all have added sugar, or they have lots of sugar in the first place. If you drink too much, they might give you cavities or other health problems.

Buzz: I love soda.

Zach: Buzz, the next time you're thirsty, you should have a glass of water or plain milk. Stay away from those sugary drinks!

Slide 7

Good job!

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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

