



## 4TH GRADE LESSON: Go, Slow & Whoa Foods SC STANDARD: 4.I.1.1 and 4.SS.1.4



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):

- The students will pick a explorer and create interview questions about their accomplishments and about their knowledge of Go, Slow and Whoa foods.

#### 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:

- 4.I.1.1 Formulate questions to focus thinking on an idea to narrow and direct further inquiry.
- 4.SS.4.1 Summarize the accomplishments of the Vikings and the Portuguese, Spanish, English, and French explorers, including Leif Eriksson, Columbus, Hernando de Soto, Magellan, Henry Hudson, John Cabot, and La Salle.

#### MATERIALS:

- Paper
- Pencils
- 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)

Discuss and better understand the meaning of a “Slow” food and how certain foods can become “Slow” foods depending on the circumstances.

## DIALOGUE BOX

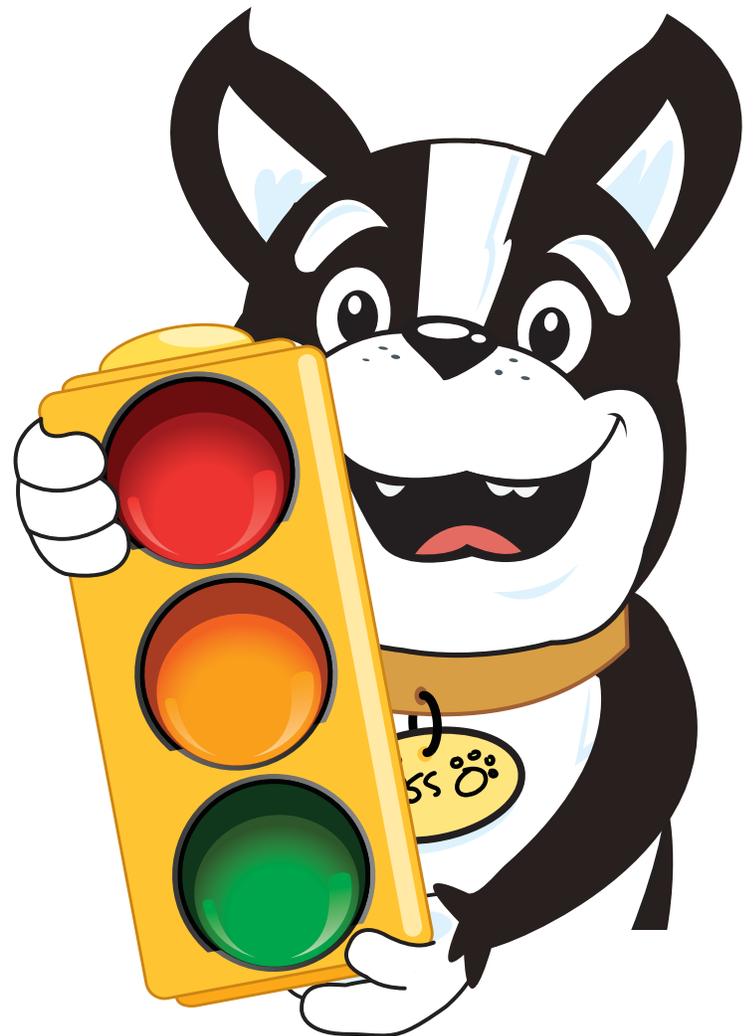
- Slow foods are the most complex and confusing category of foods because they can be healthy for you in certain circumstances, but at the same time, they can also turn in to a food that is not very healthy for you.
- Slow foods consist of peanut butters, nuts, avocados, regular milk, and pretzels. All of these foods in moderation are not that bad for you; “moderation” means that you are eating a food based off of its serving size and not over doing it, or eating more than you should.
- The serving size is a good way to help guide you in understanding how to control your consumption of Slow foods. If you eat one serving size of pretzels as a snack or one serving size of peanut butter with your banana, then these foods are not that bad for you. It can kind of be compared to a Go food.
- If you eat half a jar of peanut butter or drink 3 glasses of regular milk during the day, then that is how a Slow food turns in to a Whoa food.
- Because of these two things, this is why Slow foods are the confusing foods and have more rules than Go and Whoa foods.
- The best thing to remember with Slow foods is that they are not necessarily bad for you, but if you eat more of them than you should, that is when they become unhealthy, or Whoa, foods.

## ACTIVITY

For this activity the students will pick one of the Viking, Portuguese, Spanish, English, or French explorers, including Leif Eriksson, Columbus, Hernando de Soto, Magellan, Henry Hudson, John Cabot, and La Salle and develop questions to ask them about their accomplishments and their knowledge of Go, Slow and Whoa foods.

## 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!
<b>FRUITS</b>	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
<b>VEGETABLES</b>	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)
<b>GRAINS</b>	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
<b>DAIRY</b>	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
<b>MEAT/POULTRY EGGS/BEANS</b>	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
<b>SWEETS</b>		Frozen fruit juice bars, low fat frozen yogurt	Cookies, cakes, pies, cheesecake, ice cream, candy
<b>FATS</b>		Avocado, olive oil, vegetable oil, nuts, fish, olives	Butter, cream, mayonnaise
<b>BEVERAGES</b>	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

# BOSS' BACKPACK BULLETIN

## GO FOOD GOALS!

Your goal for this week is to eat more Go foods! Write down all the go foods you ate this week for breakfast, snack, lunch, and dinner in the blanks below.



Go foods I had for breakfast

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Go foods I had for snack

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Go foods I had for lunch

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Go foods I had for dinner

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New Go foods I tried this week

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