



Go, Slow, and Whoa Foods

Activity: Go, Slow, and Whoa Foods

Category: Worksheet

Series: Healthy Living (12 Tips for a Healthy Diet)

Supplies

- *12 Tips for a Healthy Diet*
- The book's 12StoryLibrary.com page: <http://www.12storylibrary.com/non-fiction/healthy-living/12-tips-for-a-healthy-diet/>
 - The "A Kid's Guide to Eating Right" web resource:
- Go, Slow, and Whoa Foods worksheet (see attached)

Prep

Read *12 Tips for a Healthy Diet* with the students, or assign it to them to read before class. Print a copy of the Go, Slow, and Whoa Foods worksheet for each student.

Directions

A key to a healthy diet is eating a variety of foods, making sure to choose lots of foods that are high in nutrients and limiting the amounts of foods that are high in fat and sugar. The *12 Tips for a Healthy Diet* book has several suggestions for which foods to choose. After reading the book, ask the students the following questions:

1. What are some foods that are good to eat often?
2. What are some foods that are okay to eat sometimes but not all the time?
3. What are some foods that are best to avoid eating, except for occasionally?

Show the students the "A Kid's Guide to Eating Right" web resource. This website answers the same three questions by sorting foods into three categories. Go Foods are the most healthful. It is good to eat these foods often. Slow Foods are not as healthful. It is okay to eat them several times each week, but it is best not to eat them every day. Whoa Foods are the least healthful. These foods are high in fats, sodium, or sugar. It is best to eat them only once in a while.

Show the students the chart on the second page of "A Kid's Guide to Eating Right." Ask them to use this chart to fill out the Go, Slow, and Whoa Foods worksheet.

Evaluation

Using the attached answer key, give the students one point for writing each food from the word bank in the correct column, for up to 24 points (RI 4.1, RI 4.4).

Purpose

To help students practice interpreting information presented quantitatively in graphs and charts, and to prepare them to make healthy choices about the foods they eat.

Go, Slow, and Whoa Foods

Write each word in the word bank in the column where it belongs.

Word Bank		
BROCOLLI GRAPE JUICE FRENCH FRIES CHEESECAKE LENTILS PANCAKES DRIED CRANBERRIES TOFU	POTATO CHIPS PRETZELS HAM ORANGE SLICES LOW-FAT YOGURT BACON OATMEAL 2% MILK	FROZEN PEAS PEANUT BUTTER APPLES BROWN RICE BLUEBERRY MUFFINS BAKED SALMON HOT DOGS WALNUTS
GO	SLOW	WHOA

Go, Slow, and Whoa Foods (ANSWER KEY)

Write each word in the word bank in the column where it belongs.

Word Bank		
BROCOLLI GRAPE JUICE FRENCH FRIES CHEESECAKE LENTILS PANCAKES DRIED CRANBERRIES TOFU	POTATO CHIPS PRETZELS HAM ORANGE SLICES LOW-FAT YOGURT BACON OATMEAL 2% MILK	FROZEN PEAS PEANUT BUTTER APPLES BROWN RICE BLUEBERRY MUFFINS BAKED SALMON HOT DOGS WALNUTS
GO	SLOW	WHOA
BROCOLLI LENTILS TOFU ORANGE SLICES LOW-FAT YOGURT OATMEAL FROZEN PEAS APPLES BROWN RICE BAKED SALMON	GRAPE JUICE PANCAKES DRIED CRANBERRIES PRETZELS HAM 2% MILK PEANUT BUTTER WALNUTS	FRENCH FRIES CHEESECAKE POTATO CHIPS BACON BLUEBERRY MUFFINS HOT DOGS