



1ST GRADE
LESSON: Go, Slow & Whoa Foods
SC STANDARD: 1.RL.11.1

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

STORY (15 MINUTES):

- Read story about Boss and ask the questions following the story about the author's purpose for writing the story

WRAPPING UP (5 MINUTES):

- Review the definition of Go, Slow, and Whoa foods, and allow students to ask any final questions

SC STANDARDS:

- 1.RL.11.1 Identify the author's purpose—to explain, entertain, inform, or convince

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.
- Ask the students specific What If? and How? questions about Go, Slow, and Whoa foods:
 - *How does a Go food turn into a Slow food?*
 - Eating more than the serving size of Go foods can turn them into Slow foods. Example: Strawberries are a Go food, but eating a whole gallon of them would make it a slow food!
 - *How does a Slow food turn into a Whoa food?*
 - Eating too much of a Slow food can make it a Whoa food. Example: Eating a small handful of nuts is a Slow food, but eating three pounds of nuts turns them into a Whoa food.
 - *What if a Go food is changed from its natural form by processing it or adding sugar, like when apples are made into applesauce or apple juice?*
 - It changes from a Go Food to a Slow or Whoa food.
 - *Can anyone name some other examples?*
 - (fruit to fruit juice, fruit to dried fruit, vegetables to vegetable chips, potatoes to French fries, oatmeal to oatmeal cookies etc.)

STORY

- Read story about Boss and ask the questions following the story about the author's purpose for writing the story

Boss Learns the Go, Slow, and Whoa Rule

One afternoon, Boss was having lunch with some of his friends at the cafeteria at their school. Boss forgot to eat his breakfast, so he was super hungry when it was lunch time. Boss and his friends sat down at the table and began unpacking their lunches! One of his friends had a very healthy lunch that consisted of an apple, a peanut butter sandwich on wheat bread, and some grapes! His other friend Mary also brought a healthy lunch; a banana, celery and peanut butter, and also some pretzels! Unlike his friends, Boss lunch was not as healthy as theirs; he brought cheese crackers, a sandwich on white bread, and some candy for his lunch.

He wondered how they knew what foods to eat for lunch that were so healthy and asked, "You both have such healthy foods for lunch. How do you know what to eat for meals that are both healthy and still delicious?" His friend Mary responded by saying, "Well, I learned the Go, Slow, Whoa rule that helps me decide what foods are healthy, not as healthy, and unhealthy for me to eat!" Boss replies, "I have never heard of that before! Can you teach me how to pick healthy foods based off of the go, slow, whoa rule?" Mary said she would love to help Boss and teach him how to choose healthy choices for his meals. She began by explaining what a go food is, "A Go food is a food that you can eat ALL the time! These foods are all fruits and vegetables, whole-wheat grains, like wheat bread and wheat crackers, low fat milk, and yogurt! Go foods have the most benefits and nutrients for your body and brain, and help you stay healthy and energized during your day!" She then began explaining what slow foods are by saying, "A Slow food can be eaten some of the time, but should not be eaten as much as GO foods. Slow foods are things like peanut butter, nuts, crackers, and cheese." After Mary had explained what GO foods and Slow foods were, Boss asked, "So, what about Whoa foods? What kind of foods are in that category?" Mary replied, "Whoa foods are the least healthy for you, and should not be eaten that much during the day. Examples of Whoa foods are white-grains, like white bread and white rice, chips, cookies, candies, fruit gummies, and even soda. It is okay to have Whoa foods on special occasions, like birthday parties or holidays, but they should not be eaten for every meal every day!"

After his friends explained this rule to him, he understood what Go, Slow, and Whoa foods were, and realized he only had Slow and Whoa foods picked out for his lunch that day at school, but not one Go food. He was disappointed, but instead of having to eat his own lunch that day, his friends shared their healthy lunch with him! Now that he knows the Go, Slow, Whoa rule for picking the healthiest food options, he promised his friends he was going to start adding more GO foods, like fruits and vegetables, to his lunches, and try to leave out the unhealthy Whoa foods that he usually brings!

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.



IDENTIFY THE AUTHOR'S PURPOSE—TO EXPLAIN, ENTERTAIN, INFORM, OR CONVINC

Ask students the questions at the bottom of the page to help guide them to identify the purpose of the story about Boss learning what Go, Slow, Whoa is.

1. Does anyone know why the author wrote about the Go, Slow, Whoa rule?
2. What all did you learn from listening to the story about Boss?
3. When Boss' friends were telling him about the Go, Slow, Whoa rule in the cafeteria, do you think they were trying to explain or inform (teach) him about the rule? Or both?
4. Were any of you entertained when listening to the story about Boss? Do you think that could be another reason why the author wrote the story?
5. So, was the author's purpose of writing the story to entertain you, explain something to you, or to inform (teach) you about Go, Slow, and Whoa foods? Who thinks it is all three?
6. Tell me one thing you all learned from the story that you are going to teach other people.

