

Nutrition Education from the Salmon Center

Go-Slow-Whoa

Ages 10+



We know that some foods are good for us (oranges) while some are tasty but not as healthful (birthday cake). This is because some foods have more positive ingredients (vitamin C, protein, and fiber) while others, even some that contain healthy elements too, also contain things that can harm our bodies if we eat too much (saturated fat, sugar, and salt). It's important to know what foods we can and should eat all the time (GO foods); foods we can eat sometimes or in small portions (SLOW foods); and foods that we should save for treats on special occasions (WHOA foods).

Materials:

- Attached list of foods
- Answer key
- Pencil

How to Play:

1. Choose one participant (maybe a parent or older sibling) to be the Food Announcer
2. When a food is announced, choose whether it is a Go food (healthy and good to eat any time); a Slow food (foods that should be eaten in small portions or less often); or a Whoa food (treats for special occasions). The Food Announcer will mark the category you chose on the food list.
3. Check the answer key; did you guess right? Why do you think that food is Go, Slow or Whoa? (Think about: sugar content, fat, vitamins, whole grains, etc.)
4. Now try to categorize your own favorite foods based on what you learned!

* To make this game active, play in an open room or outside. Pick one part of the room/place outside to be **Go**, one part **Slow**, and one part **Whoa** - when a food is announced move to the area that matches what kind of food it is.

Food List

Apple Juice

Donut

Canned Tuna

Cream Cheese

Whole Grain Bread

Whole Milk

Baked Chips

Frozen Blueberries

Ice Cream

Granola

Oatmeal (without sugar)

Apples

Peaches canned in syrup

Avocado

Carrots

Bacon

Beans

Sour Cream

Oil and Vinegar Dressing

Peanut Butter

French Fries

Corn Tortillas

Answer Key

Apple Juice -----**SLOW**
Donut -----**WHOA**
Canned Tuna -----**GO**
Cream Cheese -----**WHOA**
Whole Grain Bread -----**GO**
Whole Milk -----**WHOA**
Baked Chips -----**SLOW**
Frozen Blueberries -----**GO**
Ice Cream -----**WHOA**
Granola -----**SLOW**
Oatmeal (without sugar) -----**GO**
Apples -----**GO**
Peaches canned in syrup -----**WHOA**
Avocado -----**SLOW**
Carrots -----**GO**
Bacon -----**WHOA**
Beans -----**GO**
Sour Cream -----**WHOA**
Oil and Vinegar Dressing -----**GO**
Peanut Butter -----**SLOW**
French Fries -----**WHOA**
Corn Tortillas ----- **GO**