



Go, Slow, Whoa Classroom and School-based Ideas

Ideas included can be incorporated into classroom lessons, PE lessons and school-wide activities and help to continue the Go, Slow, Whoa message.



1. Go, Slow, Whoa Collage
2. Tracking 'Go' Foods
3. Changing 'Whoa' Foods to Slow and Go
4. Go, Slow, Whoa Classbook
5. Recognizing Go, Slow, and Whoa Activities
6. Giving 'Go' Foods



Go, Slow, Whoa Collage Activity

Age: K-3

Background Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Students use pictures of foods from magazines, etc to create a collage to show foods that belong in each of the Go, Slow, and Whoa categories.

Materials Needed:

- Magazines, advertisements, brochures etc that contain pictures of food.
- Construction paper or cardboard
- Scissors
- Glue
- Go, Slow, Whoa logos (optional)



Graphing and Tracking of 'Go' Food Consumption

Ages: Grades 3-5

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Setting goals and Tracking progress is essential to creating and maintaining healthy habits.

Using the 'Go Food Tracker' students can track how many 'Go' foods they eat at each meal for a week long period. If desired, students can then graph these to answer questions such as which meals, do I eat the most 'go' foods with, how many 'go' foods do I eat each day.

Materials Needed:

- 'Go Food Tracker' Tracking Sheet
- Graph Paper



Making 'Whoa' Foods Into 'Go' Foods

Ages: Grades 3-5

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Many foods can belong in different categories depending on how they are made and the ingredients used. Modifying food items that would normally fit in the 'whoa' category to put them in the 'slow' or 'go' category is key to making long-term healthy food decisions.

A Venn Diagram approach can be taken to this activity as well.

Materials Needed:

- Paper
- Pencil



Go, Slow, Whoa Individual or Class Book

Ages: Grades K-2

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Students create a book that incorporates their favorite Go, Slow, and Whoa foods or their favorite Go foods only.

Materials Needed:

- Paper
- Pencils, crayons, etc



Go, Slow, and Whoa Foods Recognition and Physical Activity Station Activities

Ages: Any Grade

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Several activities can be created to help students recognize the Go, Slow, and Whoa foods, using the food flashcards (provided), food model cards (if available), and GSW PE Spots (provided).

1. A physical activity/action can be specified for each category. For example:
 - Go – Jumping Jacks
 - Slow – Push Ups
 - Whoa – Freeze in Place

As foods are shown, students perform these activities.

2. A set of physical activity stations may be set up using the Go, Slow, Whoa PE Spots. At each station a different physical activity is performed for a set amount of time.
3. Several variations of this type activity are possible!

Materials Needed:

- Food Flashcards
- Go, Slow, Whoa PE Spots
- Food Model Cards (if available)



Giving 'Go' Foods – Healthy Food Drive

Ages: Schoolwide

Background Knowledge Needed:

Students should have been introduced to the Go, Slow, Whoa concept and be familiar with the foods that generally belong in each category.

Description:

Many schools coordinate food drives for charity. Why not promote healthy foods during this time? This is a spin on the food drive that strives to collect the healthiest foods possible for those in need.

Generally, this food drive would be advertised and planned for just as food drives and charity drives are normally. When planning your food drive, ask students or adults to make signs that emphasize the food drive will concentrate on healthier foods.

Materials:

- All advertisement and marketing avenues normally used for charity drives.
- All materials necessary for charity drives (boxes for pickup, signs for advertisement, etc)
- 'Giving Go Foods' suggested donation list of foods (provided)