

GO, SLOW, WHOA

Benefits of learning GO, SLOW, and WHOA foods:

1. Simple and easy way to recognize healthy food choices.
2. Families learn strategies for making healthy choices.

Farmers Market or Green Cart Shopping List

Get your GO Foods! Choose a variety of fruits and vegetables at your local market!

Family Goal

Goal: List 3 GO foods you will eat each day!

Monday: 1. _____ 2. _____ 3. _____

Tuesday: 1. _____ 2. _____ 3. _____

Wednesday: 1. _____ 2. _____ 3. _____

Thursday: 1. _____ 2. _____ 3. _____

Friday: 1. _____ 2. _____ 3. _____

Saturday: 1. _____ 2. _____ 3. _____

Sunday: 1. _____ 2. _____ 3. _____



WHOA!

SLOW!

GO!

Fact of the Week Foods that give our bodies important nutrients and are lowest in fat and added sugars—eat almost anytime! Foods that are higher in fat, added sugar and calories—eat sometimes. Foods that are the highest in fat and added sugar, and may be low in nutrients—eat only on special occasions.

Health Tip

Replace WHOA foods with GO foods in your home.

Surprising Fact

Regular soda is a WHOA food!



Strategy

If you eat sweets, eat them only once in a while and in small amounts.

At-Home Tools

Books

The Very Hungry Caterpillar
by Eric Carle

Sweet as a Strawberry
by Sally Smallwood

Gregory, the Terrible Eater
by Mitchell Sharmat

New Food Words to Use

1. Fresh
2. Go
3. Slow
4. Whoa



Did you know...

Some examples of GO foods are: fresh, frozen, and canned fruits and vegetables. SLOW foods are: 100% juice, pancakes, baked potato chips. WHOA foods are: french fries, fried chicken, doughnuts, and fried potato chips.



Physical Activities

Get Moving Together!

Sing and dance to Grand Old Duke of York, Shake Your Sillies Out, or Hokey-Pokey. Follow exercise with a hydrating, nutritious smoothie: blend ice, strawberries, and fat-free or low-fat milk.

Cookie, Cookie, Cucumber!

Based on "Duck, Duck, Goose," use your nutrition knowledge to think of a WHOA food and a GO replacement. Remember: Healthy choices give you more energy to run around the circle! Follow with a glass of cold water and apple slices sprinkled with cinnamon.

GO Recipes

Breakfast

Add blueberries to oat cereal in fat-free or low-fat milk.

Snack

An apple and a glass of fat-free or low-fat milk.

Dessert

Fat-free or low-fat yogurt with strawberries and bananas.

Source: Adapted from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002.