

① October Lesson: Food for Fuel: Go or Slow?

Goals:

- Students will discuss the role of food in our lives
- Students will be able to classify foods as 'slow' or 'go'
- Students will understand the health benefits of eating a well-balanced diet

Audience: 1st grade

Optional Craft, Activity or Snack:

- Go or Slow Relay
- Go Slow Cartoon
- Go or Slow Worksheet

Materials:

- 5 Minute Fitness Ideas
- Go or Slow Visuals or Large Food Cards
- Food Card Information

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 1.3
 - Ask and answer questions about what a speaker says in order to gather additional information or clarify something that is not understood.
- English Language Arts: Speaking and Listening: 1.4
 - Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

Background:

Nurture believes in promoting a positive relationship with food, therefore it uses the word 'slow' rather than 'bad' when referring to nutrient-poor foods. Why? Using the word 'bad' often inflicts a sense of shame. This sets the stage for an unhealthy relationship with food. The Go or Slow lesson promotes a healthy relationship with food by focusing on how energized the body feels after eating 'go' foods. Energy is a buzz word that kids love. Energy implies movement, liveliness, and fun. Slow foods, on the other hand, promote sleepiness. Not many children want to feel sleepy! This lesson promotes the consumption of mostly 'go' foods, but acknowledges that 'slow' foods can be a part of a balanced diet when consumed in moderation.

Lesson:

Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.

Why do we eat food? **(Slide 1)**

Answer(s): to grow, to heal, for energy, to celebrate, for taste

There are many reasons why we eat food, but your body NEEDS food for energy; energy to play, to go to school, even to sleep!

Raise your hand if you've ever driven in a car before.

What makes the car 'go'?

Answer: *Gasoline*

What would happen if we didn't fill a car with gasoline?

Answer: *The car wouldn't work.*

(Slide 2) Our bodies are like cars, they need fuel to work properly. Our body doesn't use gasoline, but food as our fuel. Food gives our body energy.

There are lots of different types of fuel we can put in our bodies. Raise your hand and tell me what kind of 'fuel' your body runs on.

There are some foods that give our bodies' long lasting energy. **(Slide 3)** Energizing foods nourish your body and help you stay healthy. Can you think of energizing foods?

There are also foods that don't fuel your body with energy. **(Slide 4)** These foods will give your body a quick burst of energy but then make you feel sleepy. Sleepy foods tend to have a lot of sugar and/or unhealthy fat. Sleepy foods are okay in moderation, but eating too much will not give your body the energy and vitamins you need to grow. Raise your hand and give me examples of foods that are 'sleepy'.

Energizing foods are often called 'go' foods, because they fuel your body with energy (they make your body GO)! Sleepy foods are often called slow down foods, because they will slow your body down. You should slow down or limit the amount of sleepy foods in your diet.

There are so many foods that fuel our bodies, it can be tricky to navigate which foods are 'go' and which foods are 'slow.'

Examples of 'go' foods include: fruits, vegetables, whole grains such as whole wheat bread and cereals, nuts, cheese, milk, seeds, and lean meats. Can you think of other 'go' foods?

Slow foods should only be eaten every once and in awhile. What types of foods are slow foods? *(cake, cookies, ice cream, French fries, chips, soda)*

I am going to hold up a picture of a food, if it is a 'go' food, stand up, if I show you a 'slow' food, sit. (With each food give a brief explanation as to why a food is go or slow. **The next 22 slides are images of food.** See Food Card Information for which are go and slow and why. The last 4 slides for chicken and pizza can be confusing because the ingredients and preparation method determine if they are go or slow foods. Only use these slides with very advanced students.)

To have a healthy body, we want to eat mostly 'go' foods so we have lots of energy to grow and play! It is okay to have slow foods every once in awhile, but not at every meal; otherwise it will slow us down and make us feel sleepy!

(For more advanced classes, pass out the Go or Slow Worksheet, have the students complete it, and review as a class. Chips and French fries are slow foods. Apples, zucchini medley, almonds, strawberries, tomatoes and other vegetables, and water are Go foods. The hamburger could be a go or slow food depending on how lean the beef is, whether a whole wheat bun is used, and whether lean toppings are used.)

Tips:

- Focus on how food makes the body FEEL. Emphasize that eating 'go' foods give the body long lasting energy.
- Discuss what moderation means. It may have different meanings for different people.
- Discuss special occasions or holidays that entail treats or 'slow' foods. Ask students if 'go' foods can be a part of celebrations? Brainstorm ways students can contribute to healthy classroom celebrations.

When teaching this lesson to older grades

- Have the students give the reason why the food is a go or slow food
- Use their explanations as a guide for how in depth to make the discussion.
 - For example, certain foods can be go or slow depending on how they are made. The cheese and crackers photo could be go or slow depending on if the cracker is made with whole grains, has trans fats, whether the cheese has artificial colors or preservatives (think Cheese Wiz). Regular cheese is full of calcium and protein, but it is also high in saturated fats, so how much you eat at once is also a factor.
 - There is a heavy marketing push to advertise how kids' cereals are made of whole grains. While this is an improvement, if the cereal is still high in sugar and artificial ingredients like food coloring, then it's still a slow cereal.

Resources:

http://kidshealth.org/kid/stay_healthy/food/go_slow_whoa.html
