

Lesson: Go Slow Lunches

Supplies Needed:

- EP_5-Minute-Fitness-Ideas
- EP_Food-Cards-Small
- EP_Food-Card-Information
- 2.1_LV_GO-GOOD-LUNCHES-VISUAL
- 5 lunch bags

Goals:

- Students will be able to classify foods as Slow or Go.
- Students will understand the health benefits of eating a well-balanced diet
- Students will be able to distinguish between fruits, vegetables and other foods.

Lesson:

(Do two or three minutes of exercises from 5 Minute Fitness Ideas.)

Last year we talked about Go Foods and Slow Foods. Raise your hand if you can tell me what Go Foods are.

(Go Foods are foods that fuel your body with long lasting energy.)

How do Go Foods make you feel?

(They make you feel energized, happy, alert, satisfied/full.)

What are examples of Go Foods?

(Fruits, vegetables, whole grains, meat, beans, nuts, seeds, eggs, milk, yogurt)

Raise your hand if you can tell me what Slow Foods are.

(They are foods that have few nutrients and leave your body feeling tired and/or sluggish.)

How do Slow Foods make you feel if you eat them all the time?

(They make you tired, more hungry, give you a quick burst of energy and then make you feel sleepy.)

What are examples of Slow Foods?

(Candy, chips, soda, cake, ice cream, French fries).

We also talked about fruits and vegetables. Who remembers why it's important to eat fruits and vegetables?

(Fruits and vegetables contain essential vitamins and minerals that help our bodies grow strong and stay healthy.)

Who remembers how many servings of fruits and vegetables we should eat every day?

(Three servings of veggies, two of fruits)

(Show slide 1.) There are some foods that seem to be full of fruits and vegetables but really aren't. For example, some foods have pictures of fruit and vegetables on the package, but when you look closely you'll see they really don't have much if any fruits or vegetables in them. We call these foods fruit and veggie wannabes. They want-to-be a healthy fruit option, but they are not a real, whole fruit. Let's look at these pictures. We have mangos and fruit roll-ups. Which of these do you think is a fruit and which of these is a wannabe?

(The Fruit Roll-ups contain some fruit juice, but they also have a lot of added sugars. They are a wannabe.)

Let's go through one more example. **(Show slide 2.)** What about the Gatorade? Is it a fruit, vegetable or wannabe?

(It's a wannabe. The orange color is from food coloring not from oranges. It contains no fruit.)

What about salsa? Is it a fruit, vegetable or wannabe?

(It's full of vegetables: onions, peppers, and tomatoes. Therefore, it's a vegetable.)

We know these are wannabes by looking at the list of ingredients printed on the packaging. When you read the ingredients for Gatorade there is no listing for any kind of fruit. When you read the ingredients for the salsa onions, peppers and/or tomatoes will be listed.

Now, since you remember so much about Go Foods and fruits and vegetables, let's play a game! I'm going to divide you into teams and give each team some food cards. Some cards will show Go Foods, some Slow Foods, and some wannabes. Each team will put all the Go Foods in their lunch bag. Then they will look at the slow food cards and decide if that slow food is a fruit or vegetable wannabe. You'll have three minutes to sort your cards. Any questions?

Ready, set, go! **(Give them 3 minutes to assemble lunches.)**

Great! Let's go through your lunch bags and see what you chose.

(One team at a time, have each team show the food items in their lunch bag. Ask the class what the food is and if it is a Go Food or a Slow Food. Occasionally ask the students why they like a food - is it crunchy, sweet, fun to eat, colorful? If students chose any Slow Foods, ask the class to make suggestions to switch the Slow Food or Go Food. Next have the team show their wannabe cards and ask for suggestions of fruit or vegetables that would be a good substitute for the wannabe.)