

② October Lesson: Go Food Lunches

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

Audience: 2nd grade

Optional Craft, Activity, Snack:

- Go Go Venn Diagram
- Go/Slow Red Light Green Light

Materials:

- 5 Minute Fitness Ideas
- 1 set of small food cards, laminated
- 5 lunch bags
- Food Card Information Sheet

Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 2.1
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Build on others' talk in conversations by linking their comments to the remarks of others.
 - Ask for clarification and further explanation as needed about the topics and texts under discussion.

Lesson:

Do 2 or 3 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- 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? *(3 servings of veggies, 2 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 wanna bes.' 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 wanna be? *(The Fruit Roll-ups contain some fruit juice, but they also have a lot of added sugars. They are a wanna be.)*

Let's go through one more example. **(Show Slide #2)** What about the Gatorade? Is it a fruit, vegetable or wanna be? *(It's a wanna be. The orange color is from food coloring not from oranges. It contains no fruit.)* What about salsa? Is it a fruit, vegetable or wanna be? *(It's full of vegetables: onions, peppers, tomatoes. So it's a vegetable.)*

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 wanna bes. 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 wanna be. You'll have 3 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 for a go food. Next have the team show their wanna be cards and ask for suggestions of fruit or vegetables that would be a good substitute for the wanna be.)