

## **PE Activity: Go and Slow Fats Relay Race**

### **Supplies Needed for a Class of 25:**

- 6 paper bags; 2 labeled *Go* and 2 labeled *Slow* and 2 labeled *Oops*
- 4.3\_PTA\_Go-Slow-Fats-Food-Cards

### **Length of Time to Complete:**

- 3 minutes to introduce activity
- 10 minutes to perform activity

### **Audience (grades):** 4th

### **Lesson:**

This month we've been talking about Go and Slow fats. Fat is essential because it gives us energy, helps us feel full, and it keeps our skin and nerves healthy. We all need some fat in our bodies to act like a cushion and help protect our organs, but we need to be careful about what kind of fat we eat.

Go fats give us the energy and nutrients our bodies need to be healthy, energetic, and to stay full. Unsaturated fats are Go fats and usually come from plants and fish.

Saturated fats that come from animals and some plants are Slow fats. When a food is fried or baked with lots of butter or oil it becomes a Slow fat.

The last type of fat we've been discussing is trans fat. Trans fats are made by chemically alternating unsaturated fats so they don't spoil as quickly or so they become a solid at room temperature.

Remember, saturated fats and trans fats are Slow foods so you only want to eat them once in a while on special occasions, and in small amounts.

I'm going to show you some pictures of food, and you can tell me if it's a Go fat or a Slow fat and why. **(Review all the cards with the students. The next page is a reference for whether a food is a go or slow fat food. The percentage of fat is only there for your reference in case questions are raised.)**

Now we're going to do a relay race!

**(Start the game. Call out, for example "2, Go!" or "4, Slow!" Call out the next command while the kids are still running back. It'll keep them on their toes and get them to be more active. End the game when all the cards are gone, count up the *Oops*, and let the winning team know they won!)**

#### Set Up:

- Place 3 paper bags, *Go*, *Slow* and *Oops*, on one side of the gym/field, and the other set of bags on the opposite side of the field.
- Place the Go and Slow fats cards in the middle.
- Place an even amount of fat cards and containers in the center of the gym or field.
- Divide the group into two teams and have them line up on opposite sides of a gym or field.
- Each team will get three bags. One will be labeled *Go*, another *Slow* and the last be *Oops*.
- Each team count off 1, 2, 3, 4, (maybe 5).

#### Rules:

- Teacher calls out a number and then will call out Go or Slow.
- If a student is the number called, they will run to the center of the gym, pick up a card with the type of fat that was called out, race back to their team, and place the card in the proper bag.
- If the teacher called out Go and the student chose a Slow food, the student should put their card in the *Oops* bag.
- At the end of the race, the team with the least amount of *Oops* wins!

### **Go Fat Foods**

#### Low in Saturated Fats

Almonds  
Avocado  
Beans  
Haddock  
Low Fat Milk  
Olive Oil  
Salmon  
Light-Meat Turkey  
Low Fat Yogurt

### **Slow Fat Foods**

#### High in Saturated Fats

Beef, prime rib  
Butter  
Swiss Cheese  
Cheeseburger  
Cheeseburger with Bacon  
Chicken Leg with skin  
Fried Chicken Leg with skin  
Cookies  
Cupcake  
Doughnut  
Egg  
Fried Fish Sandwich  
French Fries  
Ice Cream  
Hot Dog  
Margarine  
2% Milk  
Whole Milk  
Chocolate Milk  
Milkshake  
Apple Pie  
Pepperoni Pizza  
Sirloin Tortilla  
Plain Yogurt