

## **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:** K-5<sup>th</sup> grade

### **Optional Craft, Activity or Snack:**

- *Yogurt Parfaits*
- *Go Slow Relay*

### **Materials:**

- *Food Cards*
- *My Pyramid Poster*

### **Lesson:**

Leader: Why do we eat food?

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

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

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

Leader: What makes the car 'go'?

Answer: Gasoline

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

Answer: The car wouldn't work.

Leader: 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.

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

Leader: There are some foods that give our body long lasting energy. Energizing foods nourish your body and help you stay healthy. Can you think of energizing foods?

- Leader: There are also foods that don't fuel your body with energy. 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 it needs to grow. Raise your hand and give me examples of foods that are 'sleepy'.
- Leader: 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.
- Leader: There are so many foods that fuel our bodies. It can be tricky to navigate which foods are GO! and which foods are Slow! foods.
- Leader: Go foods can be found on the food pyramid (point to the poster). Fruits, vegetables, whole grains such as whole wheat bread and cereals, nuts, cheese, milk, seeds, and lean meats are all GO foods. Can you think of other "GO" foods?
- Leader: Slow foods are not on the food pyramid because they should only be eaten every once and in awhile. What types of foods are slow foods? (cake, cookies, ice cream, French fries, chips, soda)
- Leader: I am going to hold up a picture of a food, if it is a GO! food, give me a thumbs up, if I show you a Slow! food, give me a thumbs down (give a brief explanation as to why a food is Go! or Slow!)
- Leader: 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!