

## Go and Slow Fats Relay Race

### **Exercise Outcomes:**

- ♥ Improves Cardiovascular Capacity
- ★ Promotes Flexibility and Balance
- 🏋️ Develops strength

### **Nutrition Lesson(s) Supported:**

Food for Fuel: Go or Slow  
Choosing Go Fats

### **Supplies Needed:**

- Open gym or outdoor space
- 6 paper bags, 2 labeled "go," 2 labeled "slow," and 2 labeled "oops!"
- Go and Slow fat cards (with things like almonds, a picture of low-fat milk, french fries, cookies, etc)

**Length of Time to Complete:** 15 – 25 minutes

### **Audience (grades):**

2<sup>nd</sup> – 6<sup>th</sup> Grade

### **Set Up:**

Place 3 bags (go, slow, and oops!) on one side of the gym/field, and the other set on the other side. Place cards/containers of go/slow fats in the middle.

### **Lesson:**

**Leader:** Today we're going to do a "Go" and "Slow" relay race! You might remember go and slow foods, but today we're going to talk about go and slow fats. When we want to put fuel into our bodies for energy, there are three things that can fuel us: carbohydrates, protein, and fat. 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.

(Depending on age and understanding, ask if they know the difference between go and slow fats).

Go fats give us the energy and nutrients our bodies need to be healthy, energetic, and to stay full. Go fats usually come from plants and fish. Examples of go fats are nuts, olive oil, and fish like salmon. Low fat milk is a go fat too. Who can tell me their favorite healthy fat, or GO fat? Great! Those foods will keep you healthy and full of energy.

Fats that come from animals can be slow fats. Some examples are butter, cream, and lard. When a food is fried or baked with lots of butter or oil it becomes a slow fat. Can you tell me an example of a fried food? (French fries, KFC fried chicken, potato chips).

Remember, these are slow foods so you only want to eat them once in a while on special occasions, and in small amounts.

**Leader:** 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.

**Leader:** Now we're going to do a relay race!

**The game:**

Divide the group into 2 teams and have them line up on opposite sides of a gym or field. Each team will get 3 bags. One will say "go," another "slow," and the last will say "oops!" Have each team count off 1, 2, 3, 4, (maybe 5) and make sure they remember their numbers, because you'll be calling them out later.

Place an even amount of fat cards/containers in the center of the gym or field and explain:

**Leader:** I'm going to first call out a number, so make sure you remember what number you are, and then I'll call out "go" or "slow." If you are the number I call, you'll run to the center of the gym, pick up the type of fat that I called out, race back to your team, and place your card/container in the proper bag. If I called out GO and you chose a slow food, put your card/container in the "oops" bag. At the end of the race, the team with the least amount of "oops" wins!

(Go ahead and start the game. Call out, for example "2, go!" or "4, slow!" I think the game would be tons of fun if you called out the next command while the kids were 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!)

**Leader:** Today we learned that we need fat in our diets, but we should try to choose healthy go fats instead of unhealthy slow fats.