

Go Slow Hopscotch Race

Exercise Outcome: ★ Improves balance and coordination

Nutrition Lesson(s) Supported: Food for Fuel: Go or Slow

Supplies Needed: Chalk and pavement to draw on

Length of Time to Complete: 10 – 15 minutes

Audience (grades): 3-5

Set Up: Draw 2 of hopscotch boards (shown on next page), side by side so two teams can race each other through the boards.

Leader: We're going to race on the Go Slow Hopscotch boards. Who can tell me what is the difference between Go and Slow Foods?

Go foods give us the energy and nutrients our bodies need to be healthy and energetic. Go Foods can be found on the Food Pyramid (show picture): whole grains, vegetables, fruit, milk, lean protein, beans, nuts and seeds.

Slow foods give us a quick burst of energy but then leave us feeling sleepy. Slow foods are generally high in sugar, salt and/or unhealthy fats.

Let's look at the hopscotch boards. Each square has either a Go or Slow food in it. Let's start with the first square, Mango. Is Mango a Go or Slow food? *(Review each square)*

Mango – Go Food high in: Fiber - promotes good digestion, Vitamin C which strengthens your immune system so you can fight sicknesses and heal more quickly, and Vitamin A promotes healthy vision and skin

Ribs – Slow Food high in: Unhealthy fats which are not good for your heart.

Chicken – Go Food high in: Lean Protein necessary for building muscles and strong bones

Oatmeal - Go Food high in: a special type of Fiber which is particularly good at lowering cholesterol, reducing the risk of heart disease, and preventing or dealing with diabetes

Sunflower Seeds – Go Food high in: Vitamin E, a powerful antioxidant which helps prevent heart disease and protects brain cells

Candy Bar - Slow Food high in: Sugar and Unhealthy fats which are not good for your heart

Green Peas – Go Food high in: Fiber - promotes good digestion, Protein – necessary for building muscles and strong bones, Vitamin K1 – important for maintaining bone health

Energy Drink – Slow Food high in: Sugar or artificial sweeteners, sometimes Caffeine and Artificial Colors

Cookies – Slow Food high in: Sugar and Unhealthy fats which are not good for your heart

Milk – Go Food high in: Calcium - strengthens bones and teeth,
Protein - necessary for building muscles and strong bones

Ok, now let's race! Here are the rules.

I'll split you into two teams. Each team will line up behind their starting line.

One at a time, one person from each team will go through the hopscotch board stepping only on the Go Foods. For each Slow Food you step on your team gets penalized 1 second. For each Go Food you miss, your team gets penalized 1 second.

Once a person crosses the finish line, the next person in line waits 1 second for each slow food stepped on and each Go Food missed, then starts.

The team who finishes first wins!

Split group into two teams, and start the race!

