

Slow, Slow, Go!

Exercise Outcomes:



Strengthens quick-fire muscles.



Promotes balance and flexibility

Nutrition Lesson(s) Supported:

-Food for Fuel: Go or Slow

Length of Time to Complete:

5 to 10 minutes

Audience (grades): K-2

Lesson and Directions:

Have the students sit in a circle.

Raise your hand if you know what makes a food a Slow food. Slow foods give your body a quick burst of energy, but then make you feel sleepy. Sleepy Foods or Slow Foods tend to have a lot of sugar, salt and/or unhealthy fat. They are ok to eat sometimes, but eating too much will not give your body the energy and vitamins it needs to grow. Can you give me some examples of Slow Foods?

Raise your hand if you know what makes a food a Go food. Go Foods give our bodies energy and help keep our bodies healthy. Go foods can be found on the food pyramid (point to poster). Fruits, vegetables, whole grains like whole wheat bread and cereals like oatmeal, nuts, cheese, milk, seeds, beans, and lean meats are all GO foods. Can you give me some examples of Go Foods?

Who has played Duck, Duck, Goose? We're going to play Slow, Slow, Fast. I'll go first to show you how it's played. I'll go in a circle tapping you one at a time and naming a Go or Slow food. If I say a Slow food, you just stay seated. If when I tap you I name a Go food, you jump up and chase me around the circle. If you can tag me before I get your seat, I go in the middle of the circle. If I can say why the Go Food is a Go food, I can move to your spot in the circle. You become the tapper next.

Any questions? Let's start!