

Lesson: Food for Fuel: Go or Slow?

Supplies Needed

- 5 Minute Fitness Ideas
- 1.1_LV_GO-SLOW-VISUAL

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 mainly Go Foods.

Differentiation Tips for Classes with Low and High Comprehension

Low:

- Focus on the most basic Go and Slow Food distinctions such as fruits and vegetables vs. candy and chips.
- Make it clear that slow foods have high levels of sugar, salt, and/or unhealthy fats.

High:

- Have the students give the reason why the food is a Go or Slow Food.
- Use their explanations as a guide for how in depth to make the discussion.
 - For example, certain foods can be Go or Slow depending on how they are made. The cheese and crackers photo could be Go or Slow depending on if the cracker is made with whole grains, has trans fats, whether the cheese has artificial colors or preservatives (think Cheese Wiz). Regular cheese is full of calcium and protein, but it is also high in saturated fats, so how much you eat at once is also a factor.
 - There is a heavy marketing push to advertise how kids' cereals are made of whole grains. While this is an improvement, if the cereal is still high in sugar and artificial ingredients like food coloring, then it's still a Slow cereal.

Background and Teaching Tips

Nurture believes in promoting a positive relationship with food, therefore it uses the word Slow rather than “bad” when referring to nutrient-poor foods. Why? Using the word “bad” often inflicts a sense of shame. This sets the stage for an unhealthy relationship with food. The Go or Slow lesson promotes a healthy relationship with food by focusing on how energized the body feels after eating Go Foods. Energy is a buzz word that kids love. Energy implies movement, liveliness, and fun. Slow Foods, on the other hand, promote sleepiness. Not many children want to feel sleepy! This lesson promotes the consumption

of mostly Go Foods, but acknowledges that Slow Foods can be a part of a balanced diet when consumed in moderation.

- Focus on how food makes the body FEEL. Emphasize that eating Go Foods give the body long lasting energy.
- Discuss what moderation means. It may have different meanings for different people.
- Discuss special occasions or holidays that entail treats or Slow Foods. Ask students if Go Foods can be a part of celebrations? Brainstorm ways students can contribute to healthy classroom celebrations.

Lesson

(Choose an exercise from 5 minute Fitness Ideas and do it for five minutes.)

Why do we eat food? **(Show slide 1.)**

(To grow, to heal, for energy, to celebrate, for taste)

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

Raise your hand if you've ever driven in a car before. What makes the car go?

(Gasoline)

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

(The car wouldn't work.)

(Show slide 2.) 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.

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

There are some foods that give our bodies long lasting energy. **(Show slide 3.)**

Energizing foods nourish your body and help you stay healthy. Can you think of energizing foods?

There are also foods that don't fuel your body with energy. **(Show slide 4.)** 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 you need to grow. Raise your hand and give me examples of foods that are "sleepy".

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.

There are so many foods that fuel our bodies, it can be tricky to navigate which foods are Go and which foods are Slow.

Examples of Go Foods include fruits, vegetables, whole grains such as whole wheat bread and cereals, nuts, cheese, milk, seeds, and lean meats. Can you think of other Go Foods?

Slow Foods should only be eaten every once and in awhile. What types of foods are Slow Foods? (*cake, cookies, ice cream, French fries, chips, soda*)

I am going to hold up a picture of a food, if it is a Go Food, stand up, if I show you a Slow Food, sit.

(With each food give a brief explanation as to why a food is Go or Slow. The next 22 slides are images of food. See the Food Card Information below for which are Go and Slow and why. The last four slides for chicken and pizza can be confusing because the ingredients and preparation method determine if they are Go or Slow foods. Only use these slides with very advanced students.)

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, they will slow us down and make us feel sleepy!

(For more advanced classes, pass out the Go or Slow Worksheet, have the students complete it, and review as a class. Chips and French fries are Slow Foods. Apples, zucchini medley, almonds, strawberries, tomatoes and other vegetables, and water are Go Foods. The hamburger could be a Go or Slow Food depending on how lean the beef is, whether a whole wheat bun is used, and whether lean toppings are used.)

Food Card Information:

Orange - Go Food

Fruit Food Group

Oranges are an excellent source of Vitamin C.

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Cookies– Slow Food

No food group – once in a while food

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities

High in unhealthy fats, which is bad for your heart

Avocado - Go Food

Fruit Food Group

Avocados are an excellent source of Vitamin K, Vitamin E, and omega-3 fatty acids.

Vitamin K helps our bodies form blood clots when we get a cut.

Vitamin E helps protect cell membranes and keeps your skin and heart healthy.

Omega-3 fatty acids reduce inflammation and protect your heart.

Cheese and Whole Grain Crackers - Go Food

Dairy and Grain Food Groups

Cheese is a good source of calcium, which helps build strong bones and teeth.

Whole grain crackers are a good source of carbohydrates, which provide energy.

Whole grain crackers are a good source of fiber, which promotes good digestion, regulates blood sugar, and keeps you full.

Froot Loops – Slow Food

Grain Food Group

Fruit Wannabee – These have no real fruit in them.

Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities

Salsa - Go Food

Vegetable Food Group

Salsa is made with tomatoes, onions, peppers, lime juice, and herbs.

Tomatoes, onions, and lime juice contain Vitamin C and antioxidants.

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage.

Eat salsa with go foods such as cut up veggies or toasted whole grain or corn tortillas.

Turkey Sandwich on Whole Grain Bread with Lettuce and Tomatoes– Go Food

Protein, Grain and Vegetable Food Groups

Turkey is an excellent source of lean protein.

Lean protein helps build muscles and repair body tissues.

Whole wheat bread is a whole grain with carbohydrates, vitamins and fiber.

Carbohydrates provide energy.

Fiber helps promote a healthy digestive track, regulates blood sugar and helps you feel full.

Tomatoes – Vegetable food group

Good source of vitamin C and antioxidants

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Antioxidants protect our cells from damage.

Lettuce – Vegetable food group

Good source of fiber, folate, vitamins A and K

Vitamin A promotes healthy vision.

Vitamin K helps our bodies form blood clots when we get a cut.

Ice Cream Sundae– Slow Food

Dairy Food Group

Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities

High in unhealthy fat, which is bad for your heart

Apple - Go Food

Fruit Food Group

Apples contain fiber, Vitamin C, and minerals

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.

Pasta and tomato sauce – Go Food

Pasta = Grain Food Group

Pasta contains carbohydrates, which are a good source of energy.

Whole wheat pasta is an even better choice – it has more nutrients and fiber.

Tomato Sauce = Vegetable Food Group

Tomatoes contain Vitamin C and antioxidants.

Vitamin C promotes healing and a strong immune system so it helps you fight off.

sickness. Antioxidants protect our cells from damage and keep them looking healthy.

French Fries – Slow Food

No food group – Once in a while food

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much slow food will slow you down!

High in salt, which can lead to high blood pressure and heart disease

High in unhealthy fats, which is bad for your heart

Doughnut – Slow Food

No food group – Once in a while food

Contains little nutritional value (minimal vitamins and minerals). Can be eaten occasionally but eating too much slow food will slow you down!

High in sugar, which can lead to cavities

High in unhealthy fats, which is bad for your heart

Red Peppers – Go Food

Vegetable Food Group

Red peppers are an excellent source of vitamin A and Vitamin C.

Vitamin A promotes healthy vision and skin.

Vitamin C promotes healing and supports a healthy immune system so it helps you fight off sicknesses.

Yogurt - Go Food

Dairy Food Group

Yogurt is a good source of calcium and protein.

Calcium helps build strong bones and teeth.

Protein helps build muscles and repair body tissues.

Cheetos – Slow Food

No food group – Once in a while food

Contains no nutritional value (minimal vitamins and minerals). Should be consumed only occasionally. Eating too much slow food will slow you down!

High in salt, which can lead to high blood pressure and heart disease

High in unhealthy fats, which is bad for your heart

Apple Pie – Slow Food

Grain and fruit Food Groups

Contains little nutritional value (minimal vitamins and minerals).

High in sugar, which can lead to cavities

May be high in unhealthy fat, which is bad for your heart

Spinach - Go Food

Vegetable Food Group

Spinach contains iron, vitamin A, and Vitamin K.

Iron helps carry oxygen throughout your body, which leads to proper growth and good health.

Vitamin A promotes healthy vision and skin.

Vitamin K helps our bodies form blood clots when we get a cut.

Eggs - Go Food

Protein Food Group

Eggs are a great source of protein.

Protein helps build muscles and repair body tissues.

Fried Chicken – Slow Food

Protein Food Group

High in unhealthy fats, which is bad for your heart.

Chicken – Whole Roasted Chicken – Go Food or Slow Food

Protein Food Group

While chicken is an excellent source of lean protein, roast chicken includes the skin.

The skin contains a lot of fat. It also may have been basted in additional fat in the roasting process. Therefore it is best to remove the skin before eating.

Chicken without the skin is an excellent source of lean protein.

Lean protein helps build muscles and repair body tissues.

Pizza - Pepperoni Pizza – Slow Food

Grain, dairy, and protein Food Groups

High in salt, which can lead to high blood pressure and heart disease

High in unhealthy fat, which is bad for your heart

Pizza made with whole wheat crust and lots of veggies would be a Go Food.

Pizza - Vegetable Pizza with Whole Wheat Crust – Go Food

Grain, dairy and vegetable Food Groups

Whole wheat and vegetables are full of fiber, vitamins and minerals.

Fiber helps promote a healthy digestive track, regulates blood sugar, and helps you feel full.