

## **PE Activity: Go Slow Relay**

### **Teaching Aids Needed**

- EP\_Food-Cards-Small
- EP\_Food-Card-Information-Sheet
- Hula hoops or bins

### **Length of Time to Complete:**

- 5 minutes to introduce activity
- 10 minutes to play the game

**Audience (grades):** 1st – 5th

### **Background:**

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!

Go Foods are foods that give you long lasting energy; they make your body "go"! Go Foods include whole grains, lean proteins, fruits, vegetables, low fat calcium rich foods, and nuts and seeds.

Slow Foods on the other hand, slow your body down. Slow Foods are often high in sugar, salt, and/or unhealthy fats. Examples are fried food, candy, fast food etc.

### **Lesson:**

This month we've learned all about foods that give us energy. What do we call foods that give our bodies long lasting energy?

(Go Foods)

Go Foods give our bodies the fuel we need to grown strong, think clearly, and play our favorite sports/games. Raise your hand if you can think of a Go Food.

*(Fruits, vegetables, whole grains, lean meats, beans, nuts, seeds, eggs, milk, yogurt)*

We've also learned about Slow Foods. Slow Foods do not contain a lot of nutrients, and if you eat them all the time, they will slow your body down. Raise your hand if you can think of a Slow Food.

*(Candy, chips, soda, cake, ice cream, French fries, fried foods)*

#### Set-Up:

- Divide group into two or three relay teams.
- Give each child a picture of a Slow or Go Food.
- Set up two bins, one "Go" bin and one "Slow" bin.

#### Rules:

- Each child runs down the gym and places his/her food card in the correct bin.
- Then, they run back and tag the next player to do the same relay.
- When everyone has a turn, check if the foods are in the right container-- point out and correct the food cards that are in the wrong bins.

#### Variations:

Instead of running, change up the method of movement such as: crab walk, skip, hop, high knees, or bear walk.