

What We Learned Today

GO And WHOA Foods

There are no “good” and “bad” foods, because ALL foods can fit into a healthy diet. However, there are some foods that are great to eat anytime because they are so healthy. Others should only be eaten very rarely or once in a while.



During today’s ChildcareAlive! activity, your child learned about “GO” and “WHOA” Foods.

GO Foods

GO Foods are good to eat almost anytime because they contain lots of healthy nutrients to help children grow and develop.

Examples: fresh or frozen fruits or vegetables, lean meat, skim milk, whole wheat breads, low fat yogurt

WHOA Foods

WHOA foods should only be eaten once in a while because they are unhealthy and do not significantly help children to grow and develop.

Examples: ice cream, candy, French fries, fast food chicken nuggets, donuts, bacon, cookies

Parent Tip:

Try to offer your child no more than one WHOA Food per day

More GO Foods!

Today we made a poster with pictures of different GO and WHOA foods from all food groups. Try learning them too so you can identify GO and WHOA foods at home.

GO Foods:

Dairy: skim/1% milk and low fat yogurt

Grains: 100% whole wheat bread, pasta, and tortillas

Protein: skinless chicken breast, beans, egg whites

Fruits: All fresh and frozen fruits, dried fruits

Vegetables: All veggies without added salt/sauces

WHOA Foods:

Dairy: ice cream

Grains: donuts, muffins, cookies, chips, pie, cake

Protein: fried chicken, chicken nuggets, hot dogs

Fruits: Fruits canned in syrup

Vegetables: Any vegetable fried in oil (example: French fries, onion rings)

Draw GO Foods!

Today, your child learned about GO foods, or foods that are healthy to eat almost anytime, like fruits, vegetables, whole grains, and low-fat dairy foods. In the space below, help your child draw their favorite GO food.



“GO Food” Recipes

Yogurt Fruit Crunch

Ingredients:

- 2 cups low-fat yogurt
- 1 cup fruit of your choice, diced (*Examples: strawberries, blueberries, banana, pineapple. May be either fresh or canned & drained.*)
- 1 cup low fat granola or other dry, crunchy cereal



Directions:

Drain fruit if using canned fruit or cut up fresh fruit into bite-sized pieces. Mix yogurt and fruit together in a mixing bowl, and spoon the mixture into small serving bowls, OR keep separate and encourage children to make their own parfait. Sprinkle with cereal. Makes about 4-6 servings.

Source: “Now Serving: Tasty Healthful Meals on a Budget!”
NDSU Extension Service—www.ndsu.edu/eatsmart

Fruit Salsa

Ingredients:

- 1 pint fresh strawberries*
 - 1 large ripe peach or pear*
 - 2 Tbsp fresh lime juice, or to taste
 - 2 Tbsp light brown sugar, or to taste
- *May use frozen fruit (thawed & drained)*



Directions:

Dice fruit into ½-inch pieces. Combine all ingredients for the salsa in a bowl and gently toss to mix. Add lime juice and sugar to taste. The salsa should be a little sweet and a little sour. Chill thoroughly before serving. Makes about 8-10 servings.

Source: “Now Serving: Meals with Help from Kids!”
NDSU Extension Service—www.ndsu.edu/eatsmart