

GO AND WHOA FOODS



Goal:

Children will generally know what foods should be eaten frequently (“GO” foods) and which should be eaten only sometimes (“WHOA” foods).

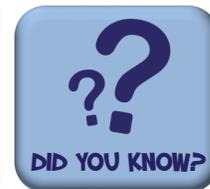
Required Materials:

One poster board; several pictures of both GO and WHOA foods (refer to chart in **Appendix B (page 110)** for ideas, or visit **ChildcareAlive! Pinterest Page** for printable pictures); glue for each child; MyPlate Image (use a poster, mat or print a free image from www.choosemyplate.gov)

Before Activity: Cut poster board in half. Make a copy of Poster Headers on page 25, cut out each Poster Header, and glue “GO” at the top of one half of the poster, and “WHOA” on the other half.

Activity Plan:

- Briefly review MyPlate, including how each food group helps bodies to grow. (Refer to MyPlate for MyBody on page 19.)
- Explain how some foods help us to grow, while others do not. (Be careful NOT to use the words “good foods” or “bad foods.”)
 - *“You just told me how foods from MyPlate help us to grow—but did you know that some foods don’t help our bodies? I call those foods WHOA foods!”*
- Explain WHOA Foods.
 - *“Everybody say “WHOA” with me!” (When saying “WHOA,” lean back slightly, hold hands by face, and say “whooooooooo.”)*
 - *“WHOA foods don’t help our bodies, so we should try to eat just a little bit of WHOA foods.”*
- Explain GO Foods.
 - *“But there are lots of foods that DO help our bodies to grow! I call those GO Foods, and I like to say it like this: GO! GO! GO! Say it with me!” (When saying “go,” pump a fist in air three times—each time you say “GO!”)*
 - *“GO Foods help our bodies, so we want to have A LOT of GO Foods! Remember to eat a lot of GO, and a little WHOA.” (Repeat “A lot of GO and a little WHOA” a few times with children.)*
- Using pictures you have of GO and WHOA foods, ask children to help you glue GO Foods on the GO Poster, and WHOA Foods on the WHOA Poster.
- Display the posters in your program and discuss often.



Aligning with The ND Early Learning Guidelines

According to the North Dakota Early Learning Guidelines, children between the ages of 3-5 years should be able to identify healthy and non-healthy foods. GO and WHOA teaches this concept.

Extending the Activity: GO & WHOA Foods

Active Play:

To make this lesson more active, try one or more of the following activities:

- Have children jump three times when they say “GO! GO! GO!”
- Play a game of Red Light/Green Light using GO/WHOA Foods (GO Foods = Green light, WHOA Foods = Red light).
- If you have red and green floor spots or carpet squares (see [Appendix A](#) for purchasing suggestions), spread out enough red and green floor spots for each child. Ask them to move to red spots when you hold up the “WHOA Foods” posters, or move to green spots when you hold up the “GO Foods” poster. Vary the activity by asking children to walk, hop, lunge, etc. to each spot.

Including Older Children:

Teaching 2 categories (GO and WHOA) is best for preschoolers. For older children, they can also learn about “SLOW” foods. This is a middle category between GO and WHOA, and would include foods like white bread, white rice, 2% milk, 100% fruit juice, homemade pizza, etc.



QUICK TIP

Teaching Colors with GO and WHOA

When selecting pictures for the GO and WHOA Food posters, be sure to pick many beige/brown-colored WHOA Foods. When posters are completed, ask children to tell you about the colors they see on each poster (The GO Foods should naturally be more colorful than WHOA foods). Tell children they will be able to recognize GO Foods during meals and snacks if they see lots of colors on their plates.