

# 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](http://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](http://www.ndsu.edu/eatsmart)