GO, SLOW, and WHOA

Themes: Play more, Eat right

Overview: This activity is a variation on the classic children’s game red light/green light and uses physical activity to introduce the concept of GO, SLOW, and WHOA foods. Participants will think about a series of foods and guess whether a food can be eaten anytime (a “GO” food), can be eaten sometimes (a “SLOW” food), or should only be eaten only once in a while (a “WHOA” food). Participants will perform assigned motions for each type of food.

Materials:

• Tape to mark off areas of the floor
• Sturdy paper or poster board to label the different areas of the floor
• A copy of the script for the activity leader
• A copy of the food list for the activity leader

Setup: Select a space that will allow 15 participants to move around simultaneously, with at least 1 square foot per person. Divide the floor into three areas with tape and label them as GO, SLOW, and WHOA areas.

How it works: The activity leader will demonstrate three actions and ask participants to do them, too. First, the leader will ask participants to run in place as quickly as they can (GO), then ask them to run in place more slowly (SLOW). Finally, participants will be asked to go from running in place to a complete stop (WHOA). The leader will then explain the concepts of GO, SLOW, and WHOA foods.

The leader will call out the name of a food from the provided list. The leader will ask participants to guess whether the food item is a GO, SLOW, or WHOA food. If a participant thinks a food is a GO food, he would move quickly to the “GO” area of the floor and run in place quickly, but if he thinks it’s a WHOA food he would move to the “WHOA” area and repeatedly go from running in place to a complete stop. Likewise, if he thinks it’s a SLOW food, he would move to the “SLOW” area and run in place slowly. All participants will perform their chosen action at the same time. The leader will then hold up a card indicating the correct answer. No score will be kept for the game. All players will be awarded energy points.

What you’ll learn: Some foods can be eaten almost anytime, some can be eaten sometimes, and some should only be eaten once in a while.
Is a banana a good food to eat for breakfast? (Allow children to respond.) What about birthday cake? Is that a good food to eat for breakfast? (Allow children to answer.) You already know that some foods are better for you than others. That's why your parents won't let you eat cake for breakfast, right? Here's a new way for you to think about food:

- **“GO” foods are healthy** things you can eat often, like bananas.
- **“SLOW” foods are foods you can eat sometimes**, but not all the time, like peanut butter. It's good for you, but not if you eat too much of it.
- **“WHOA” foods are things you should eat only once in a while**, like french fries or cake.

In this game I’m going to name a food, and you’re going to guess whether it’s a GO, a SLOW, or a WHOA food. If you think it's a GO food, you’ll move to this area [INDICATE AREA 1] and run in place as fast as you can. If you think it's a SLOW food, you’ll move to this area [INDICATE AREA 2] and run in place more slowly. If you think it's a WHOA food, you’ll move to this area [INDICATE AREA 3], and you’ll go from running in place to a complete stop. But don’t do it just once. Keep doing that over and over until it’s time for the next word. Does everyone understand? Are you ready to play?