Go, Slow, Whoa! Post LESSON
3 Key Behaviors:

**EAT**
3 VEGETABLES + 2 FRUITS

**DRINK**
MORE WATER + LESS SUGARY DRINKS

**MOVE**
1 HOUR + LIMIT SCREEN TIME
Essential Questions

• How can I eat **2 fruits** and **3 vegetables** every day?

• How can I use **go, slow, whoa**, to make healthy food choices?
Would you rather?
Would you rather eat vegetables:

In a salad?  OR  On a Sandwich?
Would you rather eat vegetables:

Raw?

OR

Cooked?
Would you rather eat fruit: 

Plain? OR In oatmeal?
Would you rather eat fruit:

Plain? OR In yogurt?

7. hand to foot
Lift foot up, touch with opposite hand. Switch.

8. stand up
Sit down.
Stand, then squat and sit down.
Would you rather eat fruit:

In a salad?

OR

Separate?

9. pretend jump rope
With pretend rope in hands, turn rope and jump.

10. elbow to knee
Touch elbow to opposite knee. Switch.
A Healthy Diet Prevents Disease!

- Obesity
- Heart disease and stroke
- Type 2 diabetes
- Some cancers
A healthy diet makes you feel better!

Healthy choices lead to...

- More energy
- Better sleep
- Higher self-esteem
- Improved concentration and learning
Go,
Slow,
Whoa

Review
Go Foods

Healthiest choices!
Slow Foods

Sometimes foods!
Whoa Foods

Whoa! Should I eat that?
Let’s Practice!!

If I show you a...

- **Go Food** = Desk Push-ups
- **Slow Food** = Seated March
- **Whoa Food** = Seated Jumping Jacks
Go Food

- Go Food
  - Desk Push-ups

- Slow Food
  - Seated March

- Whoa Food
  - Seated Jumping Jacks
Whoa Food

- Go Food
  - Desk Push-ups
- Slow Food
  - Seated March
- Whoa Food
  - Seated Jumping Jacks
Go Food

- Go Food
  - Desk Push-ups

- Slow Food
  - Seated March

- Whoa Food
  - Seated Jumping Jacks
Slow Food

- Go Food
  - Desk Push-ups

- Slow Food
  - Seated March

- Whoa Food
  - Seated Jumping Jacks
- Go Food
  - Desk Push-ups
- Slow Food
  - Seated March
- Whoa Food
  - Seated Jumping Jacks
Go Food

- Go Food
  - Desk Push-ups

- Slow Food
  - Seated March

- Whoa Food
  - Seated Jumping Jacks
Use the chat to list your favorite Go, Slow, and Whoa foods.

Challenge: Try to get more foods in the Go and Slow categories than Whoa category!
What changes did you make to eat more **vegetables** and **fruits** every day?
Think of ways to eat *3 vegetables* and *2 Fruits* every day, when at:

- Home
- School
- Restaurants

**Plan:** make a PLAN that will work for *you*!

**Track** your healthy eating in your *Choosing Healthy Habits Planner!*
Choosing Healthy Habits Planner

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<th>WATER</th>
<th>GRAINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>DAIRY</th>
<th>PROTEIN FOODS</th>
<th>ACTIVITIES</th>
<th>MINUTES</th>
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<td># of Cups</td>
<td># of Ounces</td>
<td># of ½ Cups</td>
<td># of ½ Cups</td>
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Family Challenge

Log the number of days your family eats **3 vegetables** and **2 fruits** EVERY DAY!
Go,
Slow,
Whoa!
Post Survey
Thank you!

For your continued support for our mission to improve the health and future of our children.

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