









FUEL UP HEALTHY, GO!

NORTHERN NEVADA
Public Health

Lesson 1: Gobble, Gobble GO!

	Skill Objectives	<ul style="list-style-type: none"> Find the difference between food groups and the types of food that help the body grow, including fruits and vegetables, dairy, and protein (GO foods) and foods that are less beneficial in supporting a healthy self. Plan a meal that incorporates a variety of GO foods.
	Big Idea	<p>The big idea is GO & WHOA foods. GO foods are the healthiest kinds of food that help our mind, heart, and body feel good and grow strong. WHOA foods are the unhealthier ones that have a lot of fat and sugar, like fried foods and candy. These foods can cause health problems if we eat too much.</p>
	Discussion	<p>What are some GO foods, especially fruits and vegetables, that you like to eat?</p>
	Engage	<p>Activity: Gobble, Gobble, GO!</p> <p>Students walk around the room as the facilitator calls out foods. If it is a GO food they walk at a normal/safe pace, if it's a WHOA food, they stop and stand still until another go foods is named.</p>
	Review & Reflect	<ul style="list-style-type: none"> What are the five food groups that we need in our diet? How much should we eat of GO foods and WHOA foods?
	Grade-Level Differentiation	<p>Kindergarten</p> <p>Help K students identify types of foods that help the body grow, including fruits, vegetables, dairy, and protein.</p> <p>1st Grade</p> <p>Help first graders identify the food groups and classify examples of foods into each group.</p> <p>2nd Grade</p> <p>Make sure second graders can identify foods groups and classify examples of foods into each group</p>



**DOWNLOAD
POWERPOINT**

**LESSON
SCRIPT**