

know your

# GO-foods activity 2



**YOU WILL NEED:** Green crayons • Activity Sheet 1: I Spy Healthy Go-Foods

## TO DO

Invite children to name foods that can help their bodies to go. (Hint: They can use the foods on the food pyramid they just created in Activity 1.) Review how different foods such as fruits, vegetables, bread, cereal, rice, pasta, low-fat milk, and beans are heart-healthy foods that give our bodies energy to help us GO and grow.

**Explain that these foods are called GO! foods.**

Explain to children that there are some foods that are not so heart-healthy and can make our bodies feel tired and slow. Even though some of these foods might taste good, they don't help our bodies grow and stay strong. That's because these foods have a lot of fat and sugar in them.

**Explain that these foods are called SLOW foods.**

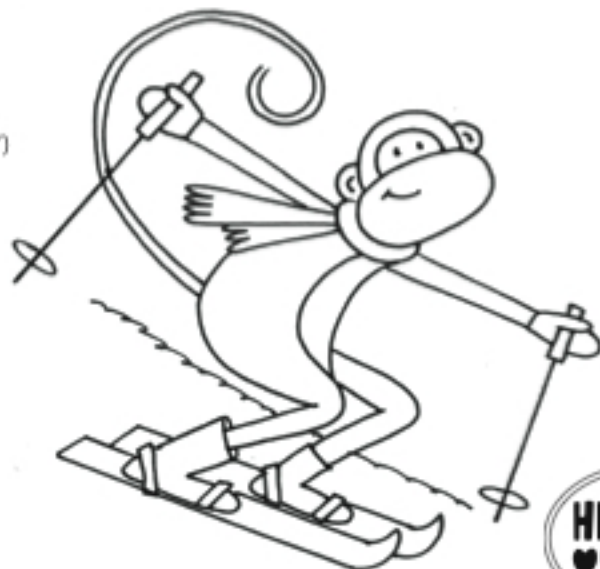
Ask children to name some of the foods that they think trick their bodies by tasting good, but do not help their bodies to GO and grow (i.e., candy, cakes, cookies, potato chips). Point out that some people call these SLOW foods "junk food."

**Teach children the "GO FOOD SONG" by singing one line at a time and letting them repeat it.**

## GO FOOD SONG

(Sing to the tune of "Twinkle Twinkle, Little Star")

We need food that makes us GO!  
Greasy food just makes us slow  
Fruit and bread and cereal too  
Low fat milk and vegetable stew,  
These are foods that make us GO!  
Make our healthy bodies grow!



**HEALTHY  
START**