

Delaware General Health District (DGHD)
4th Grade Obesity & Disease Prevention Module – Class #1
(adapted from: CATCH Go for the Health Series, 1998)

LESSON PLAN: Healthy Food Choices Play, GO & WHOA Foods
INTRODUCTION (5-10 minutes)

Explain:

Up to this point the students may have learned about nutrition through the Food Pyramid with a focus on food groups for healthy growth—the milk group makes bones grow long and strong with calcium, the meat group gives iron for healthy red blood, etc.

In this class the students will learn about nutrition in a different way. This class will teach the students about how healthy nutrition helps prevent diseases that run in families.

Families can help prevent: high blood pressure, high cholesterol and heart disease, strokes, Type 2 diabetes and cancer by

- staying at a healthy weight for height for a lifetime;
- being physically active every day ;
- listening to body signals for hunger and fullness; and
- making healthy food choices every day.

Activity #1: Class Play - Healthy Food Choices Interview (15 minutes)

Purpose: To have students read a short play that reviews healthy food choices that prevent obesity and disease. To introduce the concept of “GO FOODS” versus “WHOA FOODS.”

1. Distribute the HEALTHY FOOD CHOICES CLASS PLAY HANDOUT to all students
2. Assign 4 students to play the student roles
3. The teacher or guest speaker plays the Rita Reporter role

SYNOPSIS OF THE PLAY: A reporter from the local paper interviews four fourth grade students. The reporter is a health reporter who has been covering a number of stories about the high cost of health care and how changing families’ eating and exercise habits can help prevent the diseases that drive up health care costs. In this interview, the reporter is focusing on healthy food choices and is curious about the students’ views on what are healthy food choices that help prevent disease. The reporter has also heard of another elementary school where the students are being taught beyond the FOOD PYRAMID and to put foods into two groups---GO FOODS (healthy everyday foods that promote health and prevent overweight, obesity & disease) and WHOA FOODS (occasional treat foods that are higher in fat and/or sugar that when eaten regularly or overeaten may promote overweight, obesity and disease).

4. Discuss the play with the class. Include the following questions. ASK:

- What were some of the healthy food choices named in the play?

(fruits and vegetables; low-fat dairy products; fish, chicken and lean meats; whole-grain breads and cereals)

- Why eat the healthy foods named in the play?

(to look and feel good from the inside out, to grow strong and healthy, to stay at a healthy weight for life, to prevent overweight and obesity, to prevent disease, to have a super healthy heart, to prevent high blood pressure, to prevent high cholesterol, to prevent diabetes, to prevent some cancers)

- What was a new way to group foods mentioned in the play?

(GO FOODS - healthy everyday foods that promote health and prevent overweight, obesity and disease; and WHOA FOODS - occasional treat foods that are higher in fat and/or sugar that when eaten regularly or overeaten may promote overweight, obesity and disease)

Activity # 2 GO FOODS versus WHOA FOODS (15 - 20 minutes)

Purpose: A fun way for students to participate as a group and practice identifying foods as “GO FOODS” versus “WHOA FOODS.”

1. Distribute Handout #2 - Go Foods and Whoa Foods List to all students.

2. Briefly discuss with the class the difference between GO FOODS and WHOA FOODS

GO FOODS help us 1) stay fit and 2) stay at a healthy weight for life

GO FOODS help us prevent high blood pressure, high cholesterol, heart disease, stroke, diabetes and cancer

GO FOODS help us look and feel good from the inside out

GO FOODS can be eaten every day

WHOA FOODS are higher in fat and sugar

WHOA FOODS if eaten too often can 1) prevent us from being fit and 2) prevent us from staying at a healthy weight for life

WHOA FOODS when eaten too often are linked with overweight, obesity, high blood pressure, high cholesterol, heart disease, stroke, diabetes and some cancers

3. Conduct In-Class GO and WHOA Food Grouping Exercise

- Bring into class either 1) 8 pictures of Go (4) and Whoa (4) foods, OR 2) 8 real Go (4) and Whoa (4) foods in containers, boxes, etc. In the classroom set up a display of the pictures on bulletin, felt or marker board or set up a display of the real foods on a table. Make sure to mix up the Go and Whoa foods in the display so they are not placed in obvious separate groups.
- Using the master of GO and WHOA labels provided with this Lesson Plan, have 8 of the GO and 8 of the WHOA labels duplicated and cut apart. Randomly select 8 student volunteers (picking students in the front, middle and rear of the classroom) and hand each student volunteer one GO and one WHOA label (the student volunteers remain in their seats until you call them).
- One by one have each student come up to the display with their two labels. Select a food or a food picture from the display and ask the class to identify that food as either a GO food or a WHOA food using their handout as a reference. Have the student volunteer place the label the class has decided upon on the picture or the real food item. Repeat this until all food pictures or real food items have been correctly identified and labeled by the class and each of the student volunteers.



(740) 368-1700
www.delawarehealth.org

HEALTHY FOOD CHOICES CLASS PLAY

Rita Reporter: My name is Rita Reporter and I write the health column for the _____ News. My job is to research and report on the ways we Americans can cut our health care costs. My research has shown that if American families would eat healthier and get more daily physical activity, we could prevent more diseases and save money that we now spend on health care.

Today, I'm here at _____ Elementary School to interview some 4th grade students on their ideas about healthy food choices and to ask them what they know about a new idea for grouping foods into "GO FOODS" and "WHOA FOODS" categories. This is **Nicole, John, Will and Angela** and they've agreed to talk to me. Hi everybody!

Nicole, John, Will and Angela (altogether): Hi!

Rita Reporter: Tell me Nicole, what have you and your friends learned about food and staying healthy and preventing disease?

Nicole: In school we've learned that it's important to make healthy food choices and to choose those healthy foods every day.

Rita Reporter: Really? And what are some of those healthy food choices, Will?

Will: Oh, fruits and vegetables and low-fat dairy foods are definitely healthy food choices.

John: Will has named some healthy foods that help us grow strong and healthy. AND what's super important too is if we eat these healthy foods every day they will also help us prevent high blood pressure, heart disease and some cancers.

Angela: And there are more healthy food choices too! Don't forget fish, chicken and low-fat meats. They build healthy muscles and red blood cells that take oxygen to all the cells in our body! And if we choose meats that are lower in fat, we'll help prevent high cholesterol, heart disease, strokes and some cancers.

John: Hey! We need to remember whole-grain breads and cereals. They give our body energy and choosing whole-grain breads gives us fiber and plant chemicals that help prevent high blood pressure, heart disease and some cancers.

Over →

Rita Reporter: Boy! You students sure know a lot about healthy food choices and how they help prevent disease! What else does choosing healthy foods do for you?

Nicole: Choosing healthy foods everyday helps us feel and look good from the inside out!

Rita Reporter: An excellent answer! So, I've got great information from all of you to put in my next health news column on healthy food choices, but I have one more question to ask.

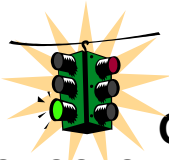
I heard that some elementary schools are teaching the students healthy food choices by putting foods into two groups. One group is called GO FOODS. GO FOODS are healthy foods to eat every day and they help prevent overweight, obesity and disease. WHOA FOODS are higher fat and higher sugar foods that should be eaten only occasionally. If WHOA FOODS are eaten too often they can prevent us from staying at a healthy weight and may play a role in causing diseases like high blood pressure, heart disease and some cancers. Do they teach GO FOODS and WHOA FOODS here at _____ Elementary School?

Angela: No, we haven't heard that here, not yet anyway.

John: Yea, that's something new for us.

Rita Reporter: Well, thank you for letting me interview you. You've given me a lot of examples of healthy foods that prevent disease to write about in my next news column. Maybe the next time I come to interview _____ Elementary students, you'll know more about GO FOODS and WHOA FOODS too. So long!

Nicole, John, Will and Angela (altogether): Thank you! Bye!



GO FOODS!!!!

GO FOODS help us 1) stay fit and 2) stay at a healthy weight for life

GO FOODS help us look and feel good from the inside out

GO FOODS can be eaten every day

GO FOODS help us prevent high blood pressure, high cholesterol, heart disease, stroke, Type 2 diabetes and cancer

GO FOODS!!!!



FRUITS

Apples, Bananas, Pears, Grapes, Grapefruits, Oranges, Peaches, Pineapple, Berries, Cherries, Raisins, 100% Fruit Juices



VEGETABLES

Carrots, Celery, Green & Red Peppers, Cucumbers, Broccoli, Cauliflower, Squash (acorn, yellow, zucchini), Tomatoes, Lettuce, Spinach, Green Beans, Corn, Potatoes, 100% Vegetable Juices



LOW-FAT DAIRY FOODS

Skim milk, 1% milk, low-fat yogurt, low-fat cottage cheese, 2% cheese slices and 2% shredded cheese (Kraft brand for example), lite cheese sticks (Sargento brand for example), Part-skim mozzarella cheese, low-fat ricotta cheese,



LEAN MEAT, POULTRY AND FISH

Skinless chicken, skinless turkey, fish, lean beef (90-95% lean), lean pork, reduced fat/lower sodium lunch meats (Healthy Choice brand for example), reduced fat/lower sodium hot dogs (Healthy Choice or Ball Park Franks Lite brands for example), beans, eggs or egg substitutes, reduced fat peanut butter



WHOLE GRAIN FOODS

Shredded Wheat, 5minute Cooked Oatmeal, Other whole grain/higher fiber cereals
100% stone ground whole wheat bread (Pepperidge Farm 9-Grain brand for example)
100% stone ground whole wheat buns, rolls and reduced fat crackers
Brown rice, whole-wheat pastas & noodles, pretzels, baked chips, reduced fat popcorn

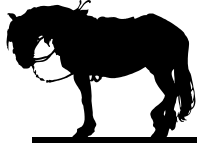


DESSERT FOODS



Low-fat ice cream (Healthy Choice brand for example), ice milk, low-fat frozen yogurt, frozen 100% fruit juice bars, graham crackers, animal cookies & other low-fat cookies

Over→



WHOA FOODS !!!!

WHOA FOODS are higher in fat and sugar

WHOA FOODS if eaten too often can 1) prevent us from being fit and 2) prevent us from staying at a healthy weight for life

WHOA FOODS when eaten too often are linked with overweight, obesity, high blood pressure, high cholesterol, heart disease, stroke, Type 2 diabetes and some cancers

WHOA FOODS are foods to eat once in a while, like on special occasions

WHOA FOODS!!!!



VEGETABLES

Breaded and deep fried veggies (like deep fried mushrooms, zucchini, cauliflower), deep fried French fries, deep fried tater tots, deep fried hash browns



DAIRY FOODS

Whole milk, whole milk cottage cheese, high fat chunk, sliced & shredded cheeses, high fat sour cream, high fat cream cheese



MEATS

High fat steaks, burgers, ribs, sausage & bacon, fried chicken, fried chicken nuggets, fried fish, fried eggs



GRAINS

High fat granola cereals

High fat breads (like croissants, biscuits, high-fat French toast, high-fat cornbread)

High fat taco shells & taco chips, high fat potato chips, high fat crackers and snack foods, regular popcorn w/butter or margarine

DESSERTS & SWEETS



High fat/high sugar doughnuts, pop tarts, sweet rolls, coffee cakes, cookies, cakes, pies, ice cream, chocolate candies, sugar-sweetened soft drinks



G

G

O

O

G

G

O

O

G

G

O

O

G

G

O

O

WHOA

WHOA

WHOA

WHOA

WHOA

WHOA

WHOA

WHOA