

GO, SLOW, WHOA FORTUNE TELLERS

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- **Health Skills:** Students will communicate positive nutrition messages to their peers and family members based on GO, SLOW and WHOA food categories.
- **Nutrition Education:** Students will use GO, SLOW and WHOA language to identify foods that promote good health.
- **Social & Emotional Learning:** I will talk to my family about the importance of choosing GO foods as often as possible for our physical health.

LEARNING TARGETS

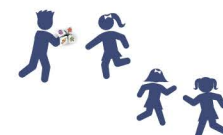
What you need...

- GO, SLOW, WHOA Fortune Tellers
- GO, SLOW, WHOA Fun Fact Page
- HHPH.org Music



How to set it up...

- Divide the activity area into 3 sections: GO, SLOW, WHOA.
- At least 2 or 3 fortune tellers per area.
- Divide students into 3 groups with at least 2 GSW Captains per area.



This activity is GO, SLOW, WHOA Fortune Tellers.

- The object is to use fun fortune tellers to learn about GO, SLOW, and WHOA foods.
- When the Hip Hop Public Health music starts, the GSW Captains will work with a classmate to complete a round of a fortune teller. Fortune teller instructions are provided on the printed fortune teller pages.
- After learning a GO, SLOW, WHOA fact, students will find another student who is waiting for a turn and practice teaching them the fact just learned.
- We'll play music until all students get a turn with a fortune teller in their section. Then, we'll stop the music and rotate to a new section.
- When the music restarts, begin again. I'll assign new captains with each rotation.

Discussion Questions

- What is a GO food? What is a SLOW food? What is a WHOA food?
- Why is it important to understand the difference between GO, SLOW, WHOA foods?
- Can we use blank fortune tellers to create our own GO, SLOW, WHOA messages?

Universal Design Suggestions

- Pair students together so that they can support one another as they read and listen.
- Use blank fortune tellers to create custom fortune tellers that meet student needs.



HOW TO PLAY

