GO, SLOW, WHOA TRAFFIC LIGHTS
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- **Health Skills:** I will discuss how I can make healthy eating decisions.
- **Nutrition Education:** I will be able to identify GO, SLOW, and WHOA foods.
- **Social & Emotional Learning:** I will demonstrate behaviors that create a safe learning environment for myself and my classmates.

What you need...
- GO, SLOW, WHOA Food Cards
- Cones to mark start and finish lines

How to set it up...
- The activity is set up like Right Light, Green Light.
- Use cones to mark start and finish lines.
- One student is just beyond the finish line with the food cards face down in a stack.
- All other students are on the start line.

This activity is GO, SLOW, WHOA Traffic Lights!
- The object is to be the first student to reach the finish line. To do that you’ll need to look and listen carefully for the Traffic Signals.
- If the student leader flips and calls a GO card, you can speed walk (or run) toward the finish line. If they flip a SLOW card, tiptoe toward the finish line. If they flip a WHOA card, you must freeze.
- If you run when a SLOW card is flipped or move WHOA card is flipped, you must return to the start line and begin again.
- The student reaching the finish line first becomes the new leader.

Discussion Questions
- What does healthy eating look like? Why healthy foods can you ask your family for?
- Can you name a GO food? A SLOW food? A WHOA food?
- Why is choosing GO foods for snacks and meals a healthy decision?

Universal Design Suggestions
- Use brightly colored cones to mark travel lanes. Students must stay in their travel lanes.
- Use cards with both names of foods as well as pictures.
Peas in a Pod
Bananas
G O, S L O W, W H O A C A R D S

Oranges

GO!
Carrots
Baked Potato

SLOW!
Peanut Butter Spread

SLOW!
Cheddar Cheese
Pasta with Tomato Sauce

SLOW!
Fried French Fries
Fast Food Burger
Soda
Pepperoni Pizza

WHOA!