GO or WHOA SENTENCE RELAY
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**LEARNING TARGETS**
- **Health Skills:** I will identify foods that promote good health.
- **Nutrition Education:** I will talk about GO foods that I like to eat.
- **Social & Emotional Learning:** I will use positive language to help promote healthy behaviors.

**What you need...**
- 1 Baton per team
- 2 Cones per team (start cone and end cone)
- 1 set of GO or WHOA Sentence Cards per team

**How to set it up...**
- Create teams of 3 students.
- Space start and end cones 15 to 20 paces apart.
- Cut the GO or WHOA Sentence Cards into words, shuffle in piles each set and place behind end cones.

**This activity is GO or WHOA Sentence Relay!**
- The object of the game is for your team to collect words from behind your end cone and then bring them back to your home cone to create nutrition-related sentences.
- On the start signal, the first person in line will take the relay baton and side-slide down to the end cone and retrieve a Sentence Card with a word on it.
- Next, skip back to your home cone and pass the baton to your teammate. They will repeat the process.
- Continue until your team can create a sentence using all of the collected words.
- Teachers, change up the locomotor skills used by students to travel.

**Discussion Questions**
- Can you name a GO food from each of the 5 food groups?
- What GO foods do you like to eat? How do those foods help you stay active and healthy?
- Can you create a sentence that will help you ask for a healthy GO food?

**Universal Design Suggestions**
- Prompt students to create sentences that match ability levels.
- Provide modified movement choices to students with mobility challenges.
GO or WHOA Sentence Cards
GO Food Sentences

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Ask students to identify the food group that each food belongs to.
GO or WHOA Sentence Cards

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Grilled Chicken is a GO food that I can eat every day.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Brown rice is a
GO food that I can eat every day.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Plain yogurt is a
GO food that I can
eat every day.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Berries are a
GO food that I can eat every day.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Peppers are a GO food that I can eat every day.
GO or WHOA Sentence Cards

WHOA Food Sentences

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Remind students that many WHOA foods have hidden sugar.
GO or WHOA Sentence Cards

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Hot dogs are a WHOA food that I eat once in a while.
GO or WHOA Sentence Cards

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Cookies are a WHOA food that I eat once in a while.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Chips are a WHOA food that I eat once in a while.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Cake is a

WHOA food that

I eat once in a while.
GO or WHOA Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Candy is a WHOA food that I eat once in a while.
Energy Balance Sentence Cards

Energy Sentences

Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Remind students that our bodies need the energy that food gives us!
Energy Balance Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Apples give me energy for recess.
Energy Balance Sentence Cards
Cut the sentence cards on the line. Scramble the words.
Students work together to solve the sentence puzzles.

Bananas give me energy to run.
Energy Balance Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Oatmeal gives my body energy.
Energy Balance Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Carrots  help  my
body  be  healthy.
Energy Balance Sentence Cards
Cut the sentence cards on the line. Scramble the words. Students work together to solve the sentence puzzles.

Beans help me grow.