GO, SLOW, WHOA DANCE RELAY
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**LEARNING TARGETS**

- **Health Skills:** I will demonstrate my understanding of GO, SLOW, and WHOA by creating dance moves inspired to communicate healthy eating habits.
- **Nutrition Education:** I will be able to put foods in the correct GO, SLOW, WHOA categories.
- **Social & Emotional Learning:** I will be able to use the knowledge about GO, SLOW, and WHOA foods to help my friends and family know about the risks of calorically dense WHOA foods.

**What you need...**
- 12 cones, 12 scooters, 12 buckets
- 12 GO, SLOW, WHOA Fortune Tellers
- 6 sets of GO, SLOW, WHOA Dance Cards
- Lil Sugar Music and Music Player

**How to set it up...**
- Place 12 cones in a line on 1 side of the activity area.
- Place a bucket with fortune teller next to each cone.
- Place a scooter next to each cone.
- Spread Dance Cards across from the cones on the other side of the activity area.
- Create 12 equal teams with a team at each cone.

**This activity is GO, SLOW, WHOA Dance Relay!**
- The object of this game is to collect dance cards and create a fun GO, SLOW, WHOA dance with your team.
- On the start signal, 1 player will use the scooter to go collect a dance card. The players waiting will do the fortune teller while they wait.
- When you return, put the card in the bucket and the next player will go. Continue taking turns until all cards have been collected.
- Next, teams will sort cards into GO, SLOW, WHOA categories. Choose 4 cards to create a 16-count dance (see Dance with Words activity plan).
- Take time to create, practice and perform dances using Lil Sugar Music.

**Discussion Questions**
- Can you explain what a calorically dense WHOA food is?
- What could you say to help a family member understand the importance of healthy eating?
- How can you set a healthy example of nutritious eating?

**Universal Design Suggestions**
- Allow students to choose how they want to travel from cone to cards.
- Create bright and clear pathways to help students travel from cone to cards.
**GO FOOD Fortune Teller Instructions:**

**Step 1:** Pick a GO food. Spell its name while you open/close the fortune teller with each letter.

**Step 2:** Pick a number and count the berries. Open/close the fortune teller with each number you count.

**Step 3:** Pick another number. Open/close the fortune teller with each number you count.

**Step 4:** Pick and open a flap. Learn something about GO foods. Go home and share what you’ve learned.

**For more fun with Lil’ Sugar visit:**

NutritionFromTheHart.com  HHPH.org  OPENPhysEd.org
SLOW FOOD Fortune Teller Instructions:

Step 1: Pick a SLOW food. Spell its name while you open/close the fortune teller with each letter.
Step 2: Pick a number and count the crackers. Open/close the fortune teller with each number you count.
Step 3: Pick another number. Open/close the fortune teller with each number you count.
Step 4: Pick and open a flap. Learn something about SLOW foods. Go home and share what you’ve learned.

For more fun with Lil’ Sugar visit: NutritionFromTheHart.com HHPH.org OPENPhysEd.org
DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance

GO!
Hot Sauce

GO!
Low-fat String Cheese

GO!
Peas in a Pod

GO!
Bananas

GO!
Oranges

GO!
Squash
DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance

WHOA!
Fried French Fries

WHOA!
Fast-Food Burger

WHOA!
Giant Cookie

WHOA!
Potato Chips

WHOA!
Fried Chicken Wings

WHOA!
Movie Theater Popcorn w/Butter
DANCE WITH WORDS DANCE CARDS

Print, Cut, Create, Dance

- GO! Water
- GO! Wild Rice
- SLOW! Pasta with Tomato Sauce
- SLOW! Popcorn with Vegetable Oil
- WHOA! Fruit Roll-Ups
- WHOA! Jelly Donut