

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

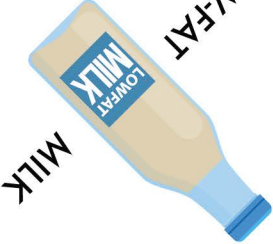
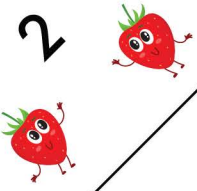
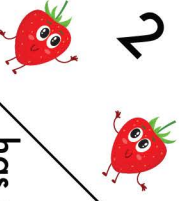
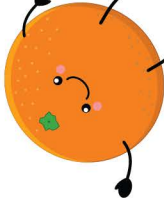



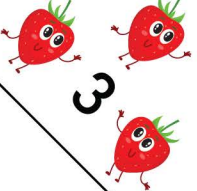
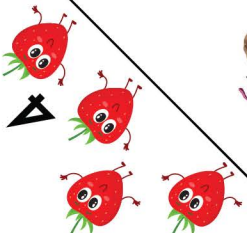


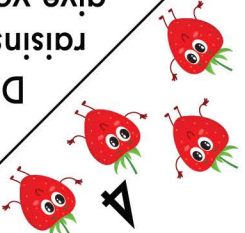
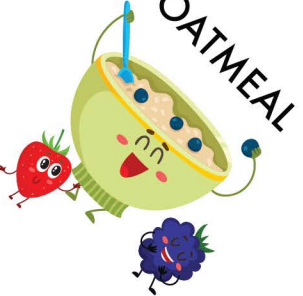
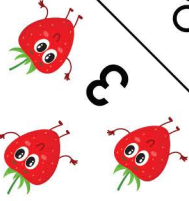


- Pair students together so that they can support one another as they read and listen.
- Use blank fortune tellers to create custom fortune tellers that meet student needs.



HOW TO PLAY





	<p>2</p> 	<p>2</p> 	<p>ORANGE</p> 
<p>1</p> 	<p>GO!</p> <p>Low-fat milk gives you nutrients like protein, vitamins and minerals with no added sugar.</p> 	<p>GO!</p> <p>Fresh fruit has zero hidden sugar and 100% natural energy. It's important to eat every day.</p> 	<p>3</p> 
	<p>GO!</p> <p>Oatmeal gives your body energy to grow and move. Add fresh fruit for sweetness.</p> 	<p>GO!</p> <p>Dried fruit like raisins are snacks that give you natural energy, vitamins and minerals.</p> 	<p>4</p> 
<p>OATMEAL</p> 	<p>3</p> 	<p>1</p> 	<p>RAISINS</p> 

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.



<p>WHOLE MILK</p>	<p>2</p>	<p>2</p> <p>100% juice SLOW has vitamins without added sugar. Enjoy a little bit but remember to drink water all day.</p>	<p>100% JUICE</p>
<p>1</p> <p>SLOW</p> <p>Whole milk gives you lots of nutrients, but adds extra fat to your day.</p>		<p>3</p>	
<p>4</p>	<p>SLOW</p> <p>Granola can be great, with vitamins and fiber. Watch out for added sugars and fat that make it a slow food.</p>	<p>SLOW</p> <p>Graham crackers do have some added sugar. Find whole grain for a sometimes snack.</p>	<p>4</p>
<p>GRANOLA</p>	<p>3</p>	<p>1</p>	<p>GRAHAM CRACKERS</p>

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.



<p>WHOA! Flavored milk looks fun and gives you nutrition. But, Lil Sugar is there! Watch out for a lot of added sugar!</p>		<p>WHOA! Soda is a treat but Lil Sugar added lots of sugar and artificial stuff you body doesn't need.</p>	
	<p>WHOA! Don't let Lil Sugar trick you! Sugar Cereals should only be eaten once in a while.</p>	<p>WHOA! Cookies don't give you what you really need to stay healthy. Enjoy as a tasty treat once in a while.</p>	

WHOA FOOD Fortune Teller Instructions:

- Step 1:** Pick a WHOA food. Spell its name while you open/close the fortune teller with each letter.
- Step 2:** Pick a number and count the cookies. 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 WHOA foods. Go home and share what you've learned.