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.

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.
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.

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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.

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WHOA! 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.

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