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
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Grilled Chicken is a GO food that I can eat every day.
**GO or WHOA Sentence Cards**

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Brown rice is a GO food that I can eat every day.
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Plain yogurt is a GO food that I can eat every day.
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Berries are a GO food that I can eat every day.
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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.

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GO or WHOA Sentence Cards
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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.
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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.
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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.