

## *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.**