



Lesson 6: Vegetables- Go Slow Whoa

Nutrition Objective:

1. Students will be able to identify a “go” vegetable, a “slow” vegetable, and a “whoa” vegetable.

Supplies/Materials:

- 3 vegetable pictures (baked potato, mashed potato and French fries)
- Fruits & Vegetables: Make Healthy Choices handout (**saved from Lesson 5**)
- Chart paper or whiteboard
- Red, yellow and green markers
- Fruit and Veggie Rhymes worksheet (one for each student)

Lesson:

Ask→ Did anyone eat 2 cups of fruit and 2 cups of vegetables yesterday?

Ask→ What did you eat?

Say→ The last time we talked about “go, slow and whoa” fruits.

Ask→ Can anyone name an example of each fruit and explain what we mean by “go, slow and whoa?”

Say→ Today we are learning more about the vegetable group and how to make the healthiest choices when we eat vegetables.

Ask→ Why are vegetables important for your body? (*Vegetables contain lots of important vitamins and minerals that keep us healthy and strong, and fiber which keeps food moving through your body so it helps you go to the bathroom.*)

Ask→ How many cups of vegetables do you need to eat every day? (*at least 2 cups*)

Activity#1: Go Slow Whoa

- Write the word “**go**” in green, “**slow**” in yellow and “**whoa**” in red in a column on the board or chart paper. Display the 3 pictures of vegetables.

Say→ In the vegetable group, there are healthy veggies we should eat **every day**. These are called “**go**” vegetables.

Ask→ What are some examples of “**go**” vegetables that we should we eat every day? (*green beans, broccoli, carrots, corn, celery, cucumbers, zucchini, tomatoes, peppers*)

Ask→ Why are these healthy veggies? (*They are in their natural form; the way you would get them right from a plant. Nothing has been added to the vegetables like salt and fat such as butter or oil.*)

Ask→ Which of these three vegetables would be the “**go**” or the healthiest vegetable? (*baked potato*)

- Display the picture of the baked potato on the board or chart paper next to “**go**.”

(continued)

Say→ We call some vegetables “**slow**” because we should only eat them **sometimes**.

Ask→ Which of these two is the “**slow**” vegetable? (*mashed potato*) Why? (*When you prepare mashed potatoes, you add **some** butter, milk and salt to the potatoes.*)

- Display the picture of mashed potatoes on the board or chart paper next to “**slow**.”
- The French fries are a “**whoa**” vegetable which you should eat only **once in a while**.

Ask→ Why? (*French fries are fried in lots of oil and salt is added. The French fries are not as healthy for us, even though they are made out of potatoes. We should only eat “**whoa**” foods **once in a while**.*)

- Display the picture of the French fries on the board or chart paper next to “**whoa**.”

Ask→ How can you remember “**go, slow, and whoa?**” (*It’s like the colors of a stoplight.*)

- Ask the students take out the Fruit and Vegetables: Make Healthy Choices handout and discuss.

Ask→ Can you think of another “go, slow and whoa vegetable? (*onions: raw =“go”, sautéed in oil =“slow” and onion rings which are fried in lots of oil and have a lot of salt added =“whoa”*)

Activity #2: Fruit and Veggie Rhymes: (Curriculum Connection/Language Arts) Have the students complete the worksheet. Review the answers with the class.