

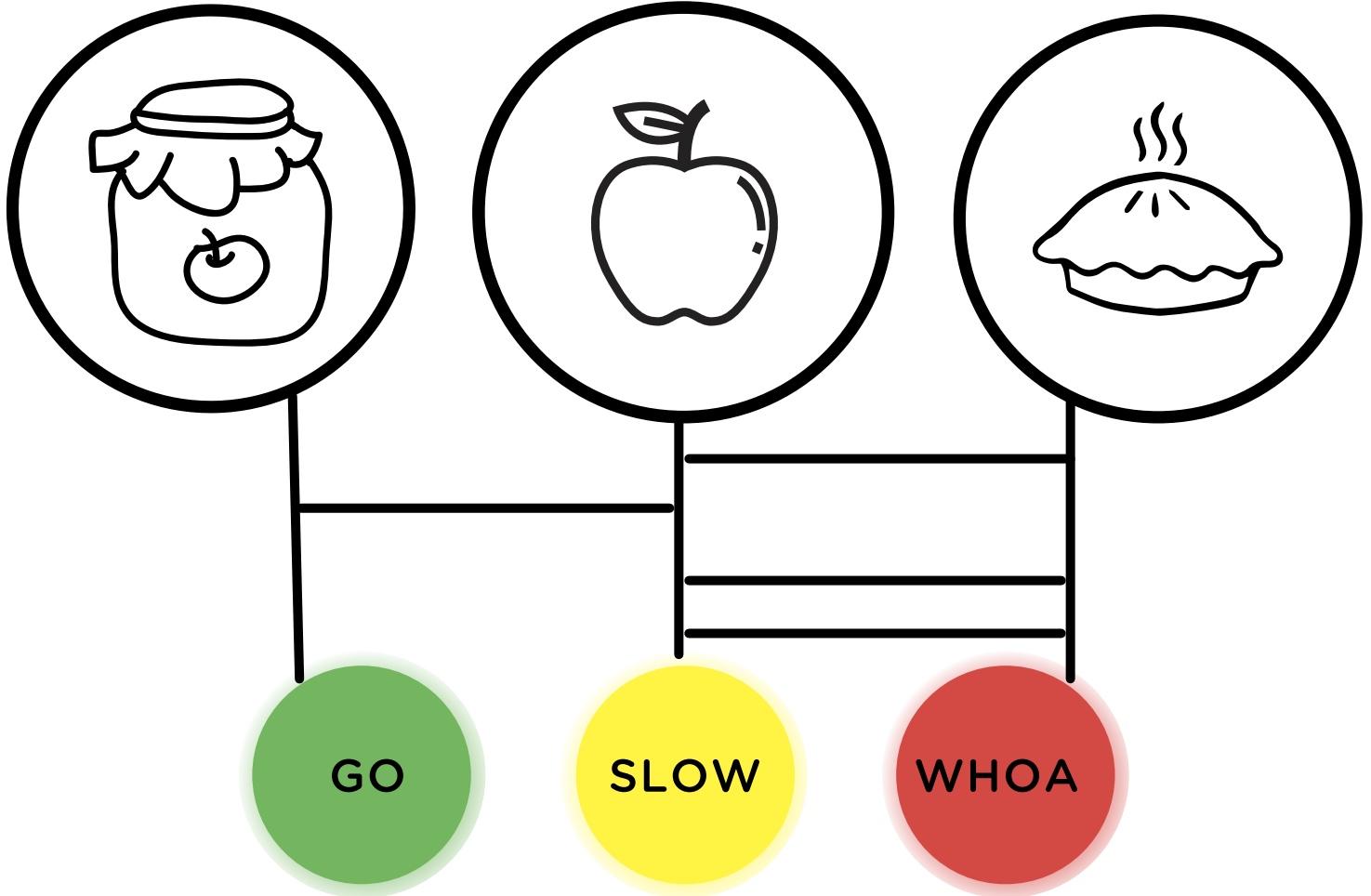
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HEALTHY TOPIC: GO, SLOW, WHOA



HEALTHY TIP:

GO FOODS ARE VERY HEALTHY AND YOU CAN EAT THEM ALL THE TIME (E.G. FRESH FRUITS AND VEGETABLES, MILK, MEATS AND EGGS). SLOW FOODS ARE SOMEWHERE IN BETWEEN GO AND WHOA FOODS WITH SOME PROCESSING (E.G. CANNED CORN, SALTED NUTS, CHEESES). WHOA FOODS ARE FOODS THAT AREN'T AS HEALTHY, AND YOU SHOULD ONLY EAT THEM ONCE IN A WHILE. WHOA FOODS ARE THE HIGHEST IN FAT, SUGAR AND/OR SALT (E.G. COOKIES, ICE CREAM, SODA, PIZZA, CHIPS).

PRODUCE ACTIVITY:

- Finish this ladder game to see which category these foods belong to?
(Instruction: Start from food, you can only go down, go right, and go left. Every time when you meet a turning point, you must change your direction instead of going straight down)
- How does a GO food become a WHOA food? (Think about how potatoes are turned into chips or French fries)
- Challenge yourself to eat at least one GO food at every meal. What GO foods would you include?