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## **Healthy Topic: GO, SLOW, WHOA**

Choose a suggested activity below or create your own:

- **Identify** which category (GSW) each fruit and vegetable is part of (trick question! All GO foods).
- **Describe** how fruits and veggies could be changed from GO to WHOA foods by the way they are cooked (fried, cooked with butter vs oil).
- **Challenge** kids to eat more GO foods!
- **Make a list** of GO, SLOW, WHOA foods and make comparisons such as nutritional value and cost.
- **Explain** how a GO food can become a WHOA food, e.g. apple slices=GO; apple sauce=SLOW; apple pie=WHOA.