



Sometimes Foods Sample Lesson: Physical Education/Health



Learning Outcome: Identify foods with added sugar, salt and solid fats

Supplies: **Red, yellow and green signs**

1. Hold the three different pieces of paper – red, yellow and green
 2. Tell students that you are going to call out different foods and they have to decide if the food is a **Go** (green), **Slow** (yellow), or **Whoa** (red) food.
 - a. If the food is a **Go** food – students can jump 3 steps forward
 - b. If the food is a **Slow** food, students can do 1 jumping jack
 - c. If the food is a **Whoa** food, students must do 1 push up
- **Go foods:**
 - Fruits and vegetables
 - Eggs
 - Nuts and seeds
 - Beans and lentils
 - Water and milk
 - Wholegrain bread, cereal, rice and pasta
 - **Slow foods:**
 - Ham and bacon
 - Whole milk or yogurt
 - Breakfast cereals
 - White bread
 - **Whoa foods:**
 - Hot dogs
 - Chicken nuggets
 - Potato chips
 - Chocolate cake
 - Soda

