



THE VERY HUNGRY CATERPILLAR & GO, SLOW, WHOA FOODS

Can be modified for most grade levels

Move, Learn, Explore

CONTRIBUTED BY:

Teachers at Harrison Elementary
School in Harrison, Maine

MAINE LEARNING RESULTS ALIGNMENT:

HEALTH AND PHYSICAL EDUCATION

F. Decision Making and Goal Setting

1. Decision Making

c. Choose a healthy option when making a decision.

OBJECTIVES:

-Students will be able to identify foods that can be consumed anytime.

-Students will be able to identify foods that can be consumed sometimes.

-Students will be able to identify foods that can be consumed seldom.

LESSON SUMMARY

After students have a lesson on GO, SLOW, WHOA foods, they will head outside to participate in a fun, food follow-up lesson using the book *The Very Hungry Caterpillar*, by Eric Carle.

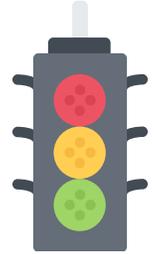
PROCEDURE

Review learning from *Creating a Better Plate* lesson (GOAL: Health, 3.9) on Anytime (GO), Sometimes (SLOW), and Seldom (WHOA) foods. Anytime: generally low in fat, saturated fat, sugar and do not have a large number of preservatives or additives. Sometimes: should be eaten in small portions or just a couple times per day/week. Have moderate amounts of fat or saturated fat, may be high in sodium, cholesterol, or added sugars or are made from white flour. Seldom (or occasional): limited to a few times a week/month. Eat in smaller portions. These foods are high in fat, have added sweeteners, may contain many additives or preservatives, and are generally more processed.

The Very Hungry Caterpillar & Go, Slow, Whoa Foods || Continued...

PROCEDURE (continued)

Head outside to read *The Very Hungry Caterpillar* Eric Carle and have students play a version of red light/green light game. When “green light” GO foods are mentioned, students can take big steps. If “yellow light” SLOW foods are mentioned, students can take baby steps, “red light” WHOA foods are mentioned, students must stop, if they move during WHOA foods, they have to take two big steps back.



WINTERKIDS' CHILDREN'S LITERATURE SUGGESTIONS

Eat Your Greens, Reds, Yellows, and Purples: Children's Cookbook by DK

Plant, Cook, Eat! by Joe Archer and Caroline Craig

Look Inside What Happens When You Eat by Emily Bone

Good Enough to Eat: A Kid's Guide to Food and Nutrition by Lizzy Rockwell

The Vegetables We Eat, by Gail Gibbons

Eating the Alphabet by Lois Elhert



Share your Go, Slow, Whoa Foods photos with us on social media! Tag us in your post (@WinterKids_org on Instagram, @WinterKids on Facebook) and use



the hashtags: #MoveLearnExplore #WinterKids

Find more nutrition activities for your classroom or family in our WinterKids GOAL Binder, such as:

- Healthy Foods, Healthy Bodies (Pre-K through Grade 5) (Health 3.25- 3.29)
- Outdoor Food Plate (Grades Pre-K - 2) (GOAL: Health 3.5)

Purchase a copy here: <https://winterkids.org/product/winterkids-guide-to-active-outdoor-learning-goal/>