



## Activity #6: Snack Wheel

### Directions for Teachers

Health, Language Arts

**Objective:** Students will learn the difference between GO snacks and WHOA snacks by selecting the healthier option from a pair of popular snack choices.

#### Directions:

1. Explain to students that snacks are important. Kids need snacks to provide fuel for the day's activities. But not all snacks are created equal. Some snacks are GO foods and some are WHOA foods. GO Snacks are a great way for kids to fuel their bodies with the longer-lasting energy and nutrients they need. WHOA Snacks provide empty calories without contributing their share of nutrients. Mention that most advertisements on TV are for WHOA Snacks. Fresh, wholesome GO foods don't get the press they deserve! (For more about GO and WHOA foods, see **Background Information, page 3.**)
2. Ask your students what their favorite snack foods are, and make a list of them on the board. When the list is long enough, review the concept of GO and WHOA foods with your students and ask them to determine which snacks are GO foods and which are WHOA foods. Encourage them to look at the ingredient labels of their snacks for more information.
3. Once they have selected the WHOA foods from the list, ask your students if they know why the foods are WHOA foods. If they need help, remind them that WHOA foods generally contain at least one of the following: added sugar, salt, fat, and additives. Looking at the WHOA foods on the board, which foods contain which of these unhealthy additions?
4. Now your students are ready for **Activity #7**. Have them take a look at the food pairs listed on the bottom of the worksheet. Which foods are GO foods, and which are WHOA foods? Have your students write the names of the GO foods from different food groups on the lines of their Snack Wheel in the correct food groups.
5. Students can break down combination foods into the corresponding food groups. Mention that, when choosing a snack, they can make fun combinations with the GO foods found in their snack wheel (like baby carrots and hummus, or apples and peanut butter).
6. Can your students think of more GO foods they'd like to have on their Snack Wheel? Have them write at least one additional GO food snack idea on the 4th line in each food group.
7. Encourage students to bring their Snack Wheels home to post on their fridges, to remind the whole family of GO food snack ideas! If possible, have students paste the wheel onto cardboard or a paper plate, to make it last longer. You can also add a paper fastener, attaching the Snack Wheel to a second plate, so that the plate can spin.

**ADDITIONAL ACTIVITY:** Either on the chalkboard or on paper, have students circle with red the WHOA foods containing added sugar, with blue those containing added fats, and with yellow those containing added salt. Some foods will be circled by all three colors! Which foods were circled by which colors?

#### WHOA Foods

Chocolate Nut Candy Bar: salt, fat, sugar

French Fries: salt, fat

Cheesecake: fat, sugar

Potato Chips: salt, fat

Sugar Crispies: sugar

Spicy Corn Chips: salt, fat

Apple Pie: salt, fat, sugar

Donut: fat, sugar

Onion Rings: salt, fat

Fried Chicken Nuggets: salt, fat

Fruit Punch: sugar

Ice Cream: fat, sugar

Grape Fun Fruit Snax: sugar

Supersize Cheeseburger: salt, fat

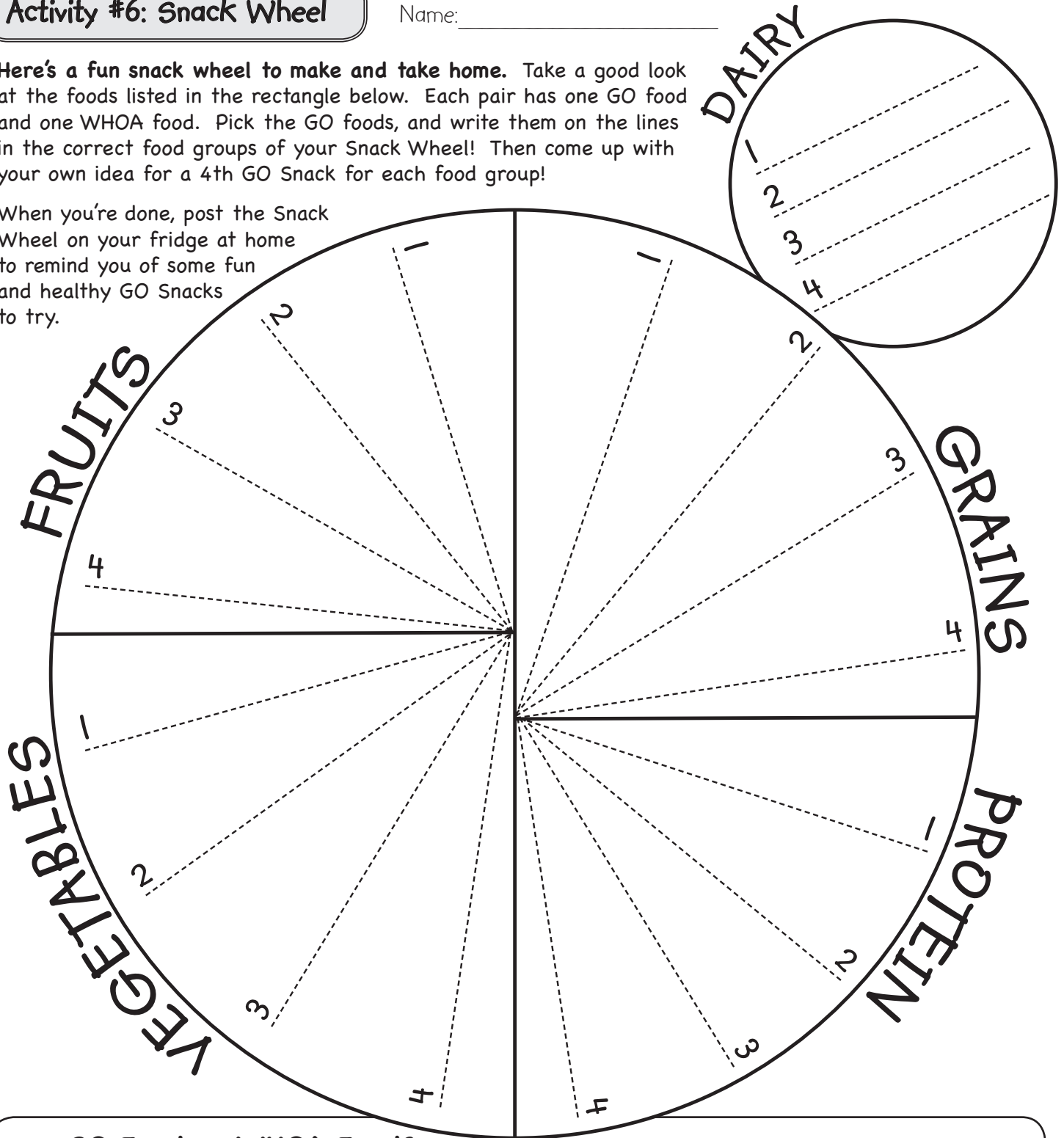
Chocolate Milk: sugar

## Activity #6: Snack Wheel

Name: \_\_\_\_\_

Here's a fun snack wheel to make and take home. Take a good look at the foods listed in the rectangle below. Each pair has one GO food and one WHOA food. Pick the GO foods, and write them on the lines in the correct food groups of your Snack Wheel! Then come up with your own idea for a 4th GO Snack for each food group!

When you're done, post the Snack Wheel on your fridge at home to remind you of some fun and healthy GO Snacks to try.



### GO Food or WHOA Food?

trail mix (nuts, seeds, raisins) / chocolate nut candy bar  
 French fries / baked potato  
 cheese stick / cheesecake  
 fresh salad / potato chips  
 sugar crispies / oatmeal  
 lightly buttered popcorn / spicy corn chips

donut / cinnamon raisin bagel  
 onion rings / baby carrots and hummus  
 grilled chicken breast / fried chicken nuggets  
 100% orange juice / fruit punch  
 ice cream / yogurt parfait  
 fresh grapes / grape fun fruit snax  
 supersize cheeseburger / turkey sandwich with veggies  
 low-fat milk / chocolate milk  
 apple pie / apple