

# How to Play the Go, Slow, Whoa Game

## Materials:

- 1 Piece of Green, Yellow and Red Paper for each participant
- 1 Go, Slow, Whoa List for leader

## Object:

- The colors represent the colors of a traffic light.
- Describe what a Go, Slow and Whoa food is:
  - **Go Foods (Green):**
    - These are foods that are good to eat almost anytime. They are the healthiest and best foods to eat. Examples: Whole Wheat Bread, Apples, Baby Carrots, or Skim Milk.
  - **Slow Foods (Yellow):**
    - These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, you can eat them only several times a week. Examples: White Bread, Peanut Butter, Dried Fruits, or Canned Fruit in Light Syrup.
  - **Whoa Foods (Red):**
    - These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods. Examples: Cookies, Cakes, Whole Milk, Apple Pie, Soda Pop, or Popcorn with Butter.
- Say a food and then have participants choose which kind of food it is by putting up the coinciding colored paper in the air.
  - If there is a discrepancy, ask that particular participant why they chose that color.
- After a few times, and the participants seem to understand the game, you can ask a participant to choose a food.
- This will help the participants understand the meaning of what foods should be eaten most of the time, sometimes, and once-in-a-while.