Enabling individuals to enjoy longer, healthier lives!

The Kleist Health Education Center (KHEC) is a non-profit state-of-the-art health education building on the Florida Gulf Coast University campus in Fort Myers, Florida.

The KHEC is one of only 32 health education centers in the United States and the only one of its kind in the state of Florida.

Visiting students receive motivating health education instruction from master’s and doctoral level health educators. Instructors combine interactive teaching techniques with computerized visual aids to help impact student learning and decision-making skills. Students learn that the choices they make today will affect their own future and the future of our society.
This learning lesson is for children in Grades 4-6
Please use these slides to help guide you through your learning experience with your children/students.

The goals of this Learning Lesson are:
1) To teach children how to make healthier choices when it comes to nutrition.
2) To teach children that some foods are healthier for us than others.
3) To teach children that there are health consequences to regularly eating unhealthy food.
- **GO foods** are the healthiest food options that are good to eat pretty much anytime.
- These are the foods we should choose **most often**. These foods are the most “**nutrient-dense**”, which means that they contain the most nutrients for our body to use to GO, GROW, and GLOW.
- They help give us energy, keep us healthy, and make us strong.
- Go foods contain the least amount of **unhealthy fats and sugars**. Examples: fat-free and low-fat milk and milk products, fresh and frozen fruits, vegetables, and whole grains. What are your favorite GO foods?!

- **SLOW Foods** are foods that we can have *sometimes but not ALL the time.*
- We should not be eating these foods everyday - a few times a week is OK. Examples: 100% fruit juice, pancakes, and baked chips.
- What is a SLOW food that maybe we should not eat as often as we do?

-WOAH Foods are the least healthy foods for us and can cause health problems like weight gain if we eat them regularly.
-These foods are OK to have every once in a while but we should not eat them everyday and do not need to eat them every week either.
-Woah foods contain the highest content of unhealthy fats and sugars. Examples: French fries, doughnuts, fried chicken, candy, and fried potato chips.
-What is your favorite WOAH food to have for special occasions?
-What WOAH food do you think we should eat less often?

-To see another great list of Go, Slow, and Woah foods and MyPlate recommendations, visit: http://catchinfo.org/wp-content/uploads/2014/10/GSW_with-Intro_reduced-format_English-1.pdf
CONSEQUENCES OF REGULARLY EATING WOAH FOODS

- If we get **too much food**, or food that gives our bodies the wrong instructions, we can become overweight, undernourished, and at risk for the development of diseases and conditions, such as arthritis, diabetes, and heart disease.

Choose Healthy Food!

-For more information visit: https://www.takingcharge.csh.umn.edu/how-does-food-impact-health
There are no bad foods, and all foods can fit into a healthy diet. But a healthy diet is made up of more GO foods than SLOW foods, and more SLOW foods than WHOA foods!

Sometimes, a food can belong to more than one group according to the manner in which it is prepared or processed. Baked chicken is a GO food, but fried chicken is a WHOA food. Low-fat milk products are GO Foods, whereas whole milk products are WHOA foods.

1. What do those words mean?
2. What do those words have to do with the picture below?

-Discuss with your child/children about what the words balance, moderation, and preparation have to do with healthy food choices.
-If they are unsure, facilitate a research session where they can find more information online about these topics!
-There are several resources in the notes section of the previous slides and on the resource page following. Also, discuss MyPlate.
-They have likely seen this picture and know what it means but if not, send them to: https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/children/kids where they can explore and play games!
Here is a list of additional resources to help extend your Learning Lesson.

- Activities, Songs, and Movements
- Go, Slow, Woah Nutrition Activity
- Children's Cookbook
- Video
Thank you for using our KHEC resources. We hope that you found this short learning lesson helpful! Please contact us at: 239-590-7459 to make a program reservation for your school or class. Please visit our website: www.fgcu.edu/KHEC