







Lesson 3: The “Whole” Truth About Foods

	Skill Objectives	<ul style="list-style-type: none"> • Demonstrate the difference between whole and processed foods. • Categorize foods based on saturated and unsaturated fat content.
	Big Idea	A whole food is a food that can be eaten as it occurs in nature, such as a banana, avocado, or peanut.
	Discussion	<ul style="list-style-type: none"> • What happens when food gets processed? • What is the difference between saturated and unsaturated fat?
	Engage	<p>Activity 1: GO-SLOW-WHOA Students guess if foods shown are whole foods (GO), minimally processed (SLOW), or highly processed (WHOA) and show their answer through movement.</p> <p>Activity 2: Menu Makeover Students update a menu, replacing WHOA foods with GO foods to add more nutrients and reduce unhealthy fats.</p> <p>Resource: GO-SLOW-WHOA food list</p>
	Review & Reflect	Why is it important to drink more GO beverages, like water and low-fat milk, than WHOA beverages?
	Grade-Level Differentiation	<p>3rd Grade Help 3rd graders learn to identify and categorize foods based on saturated and unsaturated fat content.</p> <p>4th Grade Challenge 4th graders to explain the difference between whole foods and processed foods.</p> <p>5th Grade Ask 5th graders to explain how a food can go from GO to SLOW to WHOA based on how it is prepared.</p>



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