

FARM²SCHOOL @HOME

Go, Grow, Glow Foods



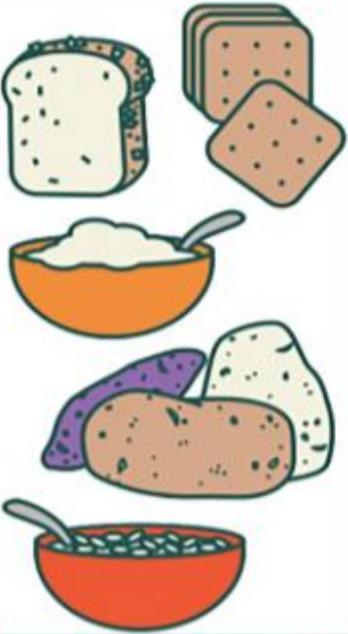
GO FOODS	GROW FOODS	GLOW FOODS
		

image courtesy of FoodCorps

A learning resource provided by:
FarmToSchoolCollective.org





Objective

In this lesson, students will be able to identify foods in various food groups and learn how certain foods affect their health. In the end, they will use the knowledge to create a healthy snack.

Materials



Image courtesy of FoodCorps

- Go, Grow, Glow print-out or image from the web (USDA's MyPlate or Oldways food pyramids could be used as well)
- Crackers, slices of bread, or pita
- Spread such as cream cheese or hummus, or slices of cheese
- Sliced fruit or vegetable, such as cucumber, apple, or tomato

Preparation

Print out Go, Grow, Glow infographic, or pull up images on the computer. Gather supplies and designate an area to play charades.

Steps Of The Lesson

1. Engage

Ask student, "What do you usually have for a snack when you're hungry?" Take responses, then explain that having a snack is great for when you need some extra energy between meals, and today they'll learn how to make a healthy snack.

2. Play Charades

Say, "First, we're going to play a game where you act out your favorite activity and then I have to guess what you're doing." Explain that you can't talk or write anything when trying to act out the activity. Play a few rounds of charades.

3. Explain

Ask, "Did you know that there are certain foods that give us energy to do our favorite things?" Explain that these are the "go" foods. Reinforce the idea by having the student wiggle their bodies to show using energy. There are also foods that help us grow and get strong. These are "grow" foods. Have the student show their bicep muscles. Then explain that there are also foods that help our skin, teeth, and hair look nice. They also help our brain think, and help our body feel good. These are foods that help us "glow"! Have students give a big smile.

4. Guessing game

Show student Go, Grow, Glow graphic and discuss some of the food items within each category. Depending on the age of your student, go over items in greater depth. For instance, grow foods include protein and dairy items like fish and cheese. MyPlate or Oldways food pyramids can be used to talk about food groups in more detail. Then play a game where you explore food within the house. Go through the pantry or refrigerator and ask your student to tell you whether each item is a go, grow, or glow food. Add some fun to the game by having them use the corresponding gestures used in Step 3 (e.g. smiling for glow foods)

4. Tasting

Have students make a go, grow, and glow snack, such as crackers with hummus and vegetable

Go, Grow, Glow Snack Recipe

Go (grain): whole grain cracker, slice of bread, pita, rice cracker
Grow (protein or dairy): cream cheese, hummus, cheese, peanut butter
Glow (vegetable or fruit): sliced cucumber, tomato, radish, apple

Directions: Spread protein or dairy item onto your grain and top with sliced fruit or vegetable.