



Oliver's team talk

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Teach! TEACHERS' CORNER

Go, Slow and Whoa Foods

There are no good or bad foods. Some can be enjoyed daily and others not so often.

GO Foods—Eat almost anytime. These are nutrient-dense foods like fruits and vegetables that are low in fat, sugar and calories. These foods are rich in vitamins, minerals and other nutrients and should form the basis of your diet.

SLOW Foods—Eat sometimes, at most several times a week. Foods like peanut butter or fruit juices are higher in fat, added sugar and calories than the GO foods.

WHOA Foods—Eat only once in a while. Foods like French fries and ice cream are the highest in fat and added sugar. They are high in calories and many are

Activate! MAKE YOUR MOVE

Have the kids enact Go, Slow and Whoa foods. Come up with a list of foods to use during the exercise that fall under all three categories. Instruct your classroom to stand in a circle and think of a movement that they can do while standing. When they hear you read a Go food, tell them that they should perform their movement quickly. When they hear you read a Slow food, have them make the same motion but at a very slow pace. When they think you've called out a Whoa food, they should stop all movement and stand completely still.

Excite! READY, SET, GO!

Remember what a hamburger looked like when you were younger? How about the size of an order of fries? Over the past 20 years, portion sizes at fast food establishments and restaurants across the country have mega-sized our food portions. Some restaurant entrees arrive on a platter-sized plate with enough food for two or three meals.

For a revealing lesson on how food portions have grown (along with the average American waistline), check out NHLBI's Portion Distortion presentation:

<http://hp2010.nhlbihin.net/portion/index.htm>

Print out this chart as a guide to choosing healthier foods and portion sizes:

Motivate! SPREAD THE WORD

What's in a pound?

It takes 3,500 calories to equal one pound of fat. That means an additional 500 calories a day will result in a one pound weight gain in just one week. It might seem like a lot of leeway before you pack on the pounds, but many Americans underestimate the importance of balancing calories consumed with calories burned.

Even if you've indulged a little over the holidays, stick to your exercise routine, and you should be fine. Not sure how long you'd have to exercise to burn 500 calories? Use the NutritionData BMI and

Make **HEALTHY CHOICES** for Life!SM

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