

Food Fury Classroom Activity 2

Food Fury in a Flash

Instructions

Learning Objective

Students are able to identify foods that are healthy (Go), sort of healthy (Slow), and not healthy (Whoa) by practicing at home or with a partner in class.

Materials

1. Food Fury Cards
2. Food List Answer Sheet
3. construction paper
4. scissors
5. glue

Teacher Preparation

1. Allow students to play Food Fury at Playnormous.com.
2. Print out 1 set of the Food Fury Cards per student.
3. Print out 1 copy of the Food List Answer Sheet.








































Instructions

1. Give each student one set of Food Fury Cards, one copy of the Food List Answer Sheet, and construction paper.
2. Have student cut out all of the Food Fury Cards.
3. Fold each piece of construction paper into fours. Cut along the lines.
4. Glue a piece of construction paper to the back of each Food Card.
5. Using the Food List Answer sheet as a guide, glue the correct Go Slow Whoa Category Card onto the opposite side of each Food Card. This should give you
6. Each student should now have 40 flash cards, each with one Food Card on one side, the correct matching Category Card on the other, and construction paper in between.
7. Students can quiz themselves at home or quiz each other in pairs using the cards.



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Food List Answer Sheet

GO	SLOW	WHOA
Fat Free Milk 	2% Milk 	Milk Shake 
String Cheese 	Yogurt – low fat 	Ice Cream 
Tuna in water 	Tuna in oil 	--
Eggs 	Peanut Butter 	Bacon 
--	Baked Chicken 	Fried Chicken 
Banana 	Juice Bar 	Fruit Rollup 
Apple 	Fruit – light syrup 	Fruit – heavy syrup 
Raisins 	--	Fruit pie 
Broccoli 	Broccoli & Cheese 	French fries 
Green Beans 	Potato & Butter 	Potato Chips 
Corn 	Pancakes 	--
Wheat Bread 	White Bread 	Donut 
Graham Crackers 	Pretzels 	Brownie 
Wheat Tortilla 	Flour Tortilla 	Cake 
Orange Juice 	--	Soda 