

# Food Fury Classroom Activity 1

## Go, Slow, WHOA Memory Challenge

### Instructions

#### Learning Objective

Students are able to identify foods that are healthy (Go), sort of healthy (Slow), and not healthy (Whoa).

#### 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](http://Playnormous.com).
2. Print out 5-10 sets of the Food Fury Cards, depending on your class's size.
3. Print out 5-10 copies of the Food List Answer Sheet

#### Instructions









































1. Have students get into small groups of 3-5 and sit in a circle.
2. Assign one student per group to start as the Referee. Give him or her the Food List Answer Sheet
3. Give each group of students one set of Food Fury Cards and construction paper.
4. Glue one piece of construction paper onto the back of each Food Fury Card page.
5. Cut out the Food Fury Cards.
6. Place the Food Cards into one pile and the Go Slow Whoa Category Cards into another pile.
7. Put all the cards image side down, and mix.
8. Place each group of cards face down into rows.
9. Turns are taken counterclockwise, starting with the group member sitting to the right of the Referee.
10. The first player turns over one card from the Food pile and one card from the Go, Slow, Whoa Category pile.
  - a. The player says "Match!" if he/she believes the Food Card matches the Go, Slow, Whoa Category Card. The player keeps the match and takes another turn.
  - b. The player says "Pass" if they believe the Food Card does not match the Category Card. The cards are turned back over, picture side down. The group member to his/her right will choose two cards next.
11. At any time, the Referee can say "Challenge!" if he or she thinks that a group member claimed an incorrect match or passed on a correct match. The Referee can use the Food List Answer Sheet for help.
12. If a player is incorrect, he/she forfeits their next turn.
13. The player with the most pairs of cards at the end of the game gets to be the next Referee.



# Food Fury Classroom Activity 1

## Go, Slow, WHOA Memory Challenge

### 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               |

