

NAME _____
 DATE _____

GO...SLOW...WHOA! - FOODS FOR FREQUENCY

Directions

PART 1: Categorize 15 foods you find in your cupboards, pantry and refrigerator at home based on the following criteria.

- **Go** foods: eat almost anytime (most often) – They are lowest in fat, added sugar and calories.
- **Slow** foods: eat sometimes (or less often) – They are higher in fat, added sugar, and/or calories.
- **Whoa** foods: eat once in a while (or least often) – They are very high in fat and/or added sugar, and are much higher in calories.

PART 2: Identify the most common food group(s) within each category at the bottom of each column. (There are six food groups: grain, vegetable, fruit, oils, dairy, and meat/bean.)

GO Foods (eat often)	Slow Foods (eat less often)	WHOA Foods (eat least often)
Most common food group(s):	Most common food group(s):	Most common food group(s):