



Slow & Go Foods

A Fun Way for Families to Learn About Healthy Food Choices

Helping children learn about healthy food choices can be fun and simple. The **Slow & Go game** is an easy activity families can play at home to talk about foods that give our bodies energy and foods that we enjoy as occasional treats. Instead of thinking about foods as “good” or “bad,” this activity helps children understand that some foods help our bodies **GO** and fuel us for learning, playing, and growing, while other foods are **SLOW** foods that we enjoy once in a while.

Try the Slow & Go Game at Home

You can play this game using **foods you already have at home**.

1. Find two containers, bowls, or baskets.
2. Label one **GO** and the other **SLOW**.
3. Choose different foods from your kitchen, pantry, or refrigerator.
4. Ask your child to decide which foods help their body **GO** and which foods should be eaten more **SLOWLY** or occasionally.
5. Talk together about why each food belongs in that category.

This activity encourages children to **think about balance** and learn how different foods support their bodies.

What Are GO Foods?

GO foods give our bodies **energy and nutrients** to help us grow, learn, and stay active. These are foods we try to eat most of the time.

Examples might include:

- fruits
- vegetables
- whole grains
- beans or lentils
- eggs, fish, chicken, or other proteins
- milk or yogurt

What Are SLOW Foods?

SLOW foods are foods we can still enjoy, but they are best eaten **once in a while rather than every day**.

These foods may contain more sugar, salt, or fats and do not always provide the same nutrients that help our bodies grow strong. Examples might include sweets, chips, sugary drinks, or fried foods.

Questions to Ask Your Child

While playing the game, try asking questions like:

- How does this food help our body?
- When do you usually eat this food?
- Does this food help you feel energized for play or school?
- Can you think of another food that would go in the **GO** basket?

These conversations help children begin **to think about food choices in a positive and curious way**.

Parent Tip

Children learn best through **conversation and example**.

The goal of this activity is not to label foods as “good” or “bad,” but to help children understand **balance**.

Encourage your child to enjoy a variety of foods and remember that **GO** foods help fuel our bodies most of the time, while **SLOW** foods can still be enjoyed occasionally.

Key Message

There are **no “bad” foods**. Some foods help our bodies **GO every day**, and some foods are **SLOW treats** that we enjoy sometimes. Learning about balance helps children build healthy habits that can last a lifetime.

