

Go

GO foods have the **least** amounts of unhealthy fats, added sugars and salt.



Slow

WHOA foods have the **most** amounts of unhealthy fats, added sugars and salt.



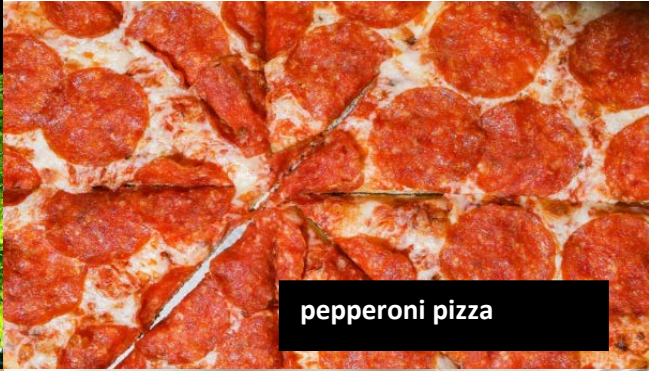
Whoa

Go - Slow - Whoa Classification Menu Options

Cut pictures away from below then classify them by taping each food into one of the sections on the next page.



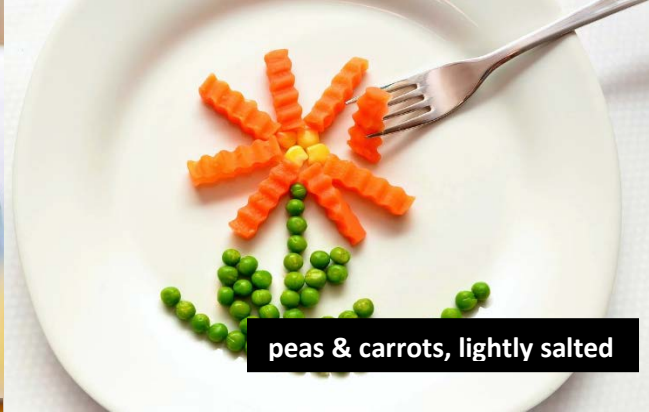
steamed broccoli



pepperoni pizza



fried egg & wheat toast



peas & carrots, lightly salted



chicken nuggets with French fries



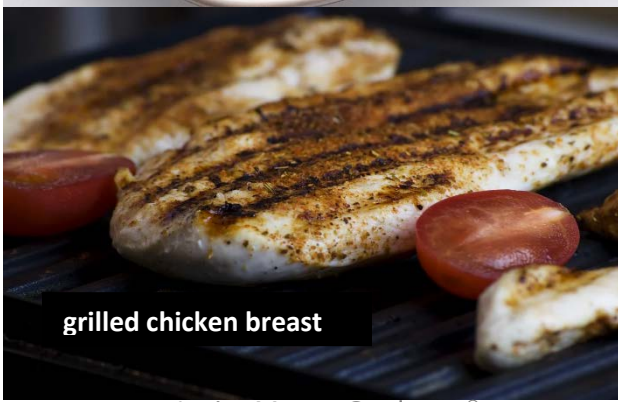
popcorn, lightly salted



regular pasta with low-fat sauce



boiled cord, lightly buttered



grilled chicken breast



fried potato chips