



Go, Grow and Glow Foods - Teacher's Guide

Food Smart Schools • an naq nutrition program

For more information visit www.foodsmartschools.org or email info@foodsmartschools.org

Teacher's Guide to Go, Grow and Glow Foods

The information in this handout can be used as a guide to discussing how different foods keep our body healthy and active for younger students.

When talking about food with younger children it's useful to simplify some of the key concepts. If discussing the five food groups is too complex for your class, you could try referring to 'Go, Grow and Glow' foods.

How to Introduce Go, Grow and Glow Foods to Your Class

Concept Brief: The key ideas behind the Go, Grow and Glow concept can be found on the next page. You can use the words and examples as a guide when discussing this topic with your class.

Poster Resource: The poster resource can be used as a visual aid to stimulate some discussion and thoughts around how these food groups affect our bodies.

Worksheet Resource: The attached worksheet can be used to support classroom learning and involves a number of activities relating to Go, Grow and Glow Foods.

Extension Activity: After discussing the key concepts and completing the worksheet, ask students to create a Go, Grow and Glow placemat. Students can use pictures and words to demonstrate their understanding of the topic. Encourage students to use nutrient dense foods and examples of their favourite physical activities. Laminate for home use or display the placemats around the classroom.

Concept Brief

A day at school keeps young minds and bodies very busy. So, children need to enjoy a wide variety of foods for their growth and development.

Go Foods are the type of food that provide fuel and help us 'go' and be active. Examples of 'Go' foods include bread, rice, pasta, cereals and potato. These foods give our muscles fuel to run, swim, jump, cycle and our brain fuel to concentrate. If we don't eat enough 'Go' foods then we can feel tired and won't have enough fuel to get through the day. It's important to include 'Go' foods at all meals and especially breakfast so that our body and brain can get ready for the busy school day ahead.



Grow Foods help our body grow bigger and stronger. 'Grow' foods help build our body's bones, teeth and muscles. Examples of 'Grow' foods include chicken, meat, fish, eggs and milk, cheese and yoghurt. All of these foods help to keep us feeling full so that we don't get hungry straight away. 'Grow' foods also help keep our brain bright and focused. If we don't eat enough 'Grow' foods our bodies won't have the right building blocks to make us taller and stronger.



Glow Foods are full of vitamins and minerals to keep our skin, hair and eyes bright and glowing. 'Glow' foods can keep our immune system strong so that we can fight bugs and viruses. Examples of 'Glow' foods include all fruits and vegetables. Brightly coloured fruits and vegetables are full of vitamins and minerals and we need to eat different types every day. What did you eat yesterday – were there lots of different coloured fruit and vegetables? Try and eat fruit and vegetables from every colour of the rainbow to make sure you're getting enough 'Glow' foods.



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Jump



Concentrate

GO Foods

Swim



These foods give us energy to help us 'go' and be active

Bones



Teeth

GROW Foods

Muscles



These foods help our bodies 'grow' bigger and stronger

Bright Eyes



Glowing Skin

GLOW Foods

Shiny Hair



These foods keep our skin, hair and eyes 'glowing'