Name

Go, Slow and Whoa!

Resource: [Go, Slow and Whoa!](http://kidshealth.org/kid/nutrition/food/go_slow_whoa.html)

Make sure you read all 3 pages

Explain the difference between the Go, Slow and Whoa categories.

Go

Slow

Whoa

What does it mean when vegetables should be prepared without added fat?

What is the difference between whole grains and white flour? List some whole grains.

What kind of oil falls into the trans fats category?

Where is this oil used? Which organ does it affect?

What is the difference between 1%, 2% and whole milk?

Why is regular ground beef on the Whoa list?