

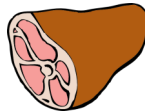
Name \_\_\_\_\_

Directions: Do you know your Go, Glow, Grow foods? Cut and paste each food item to the correct category.

**GO**

**GLOW**

**GROW**



# "Go, Glow, Grow" Activity Description

The purpose of this activity is to teach your child about the different Go, Glow, Grow foods. Refer to the video sent from last week to remind your child what are Go, Glow, Grow foods and what they do for their bodies.

**Before starting this activity, have your children repeat after you and do the hand/body movements:**

- **Go:** "Go foods help me run, jump, and play all day!" (*Run in place*)
- **Glow:** "Glow foods make my hair shiny and eyes sparkle" (*With your hands, smooth your hair and wiggle your fingers next to your eyes*)
- **Grow:** "Grow foods help me grow bigger and stronger" (*Bend over, touch the ground, then stand up and make a muscle with both arms.*)