



# Lesson 1:

## Exploring *MyPyramid for Kids*

### Lesson Highlights

#### Objective

##### Students will:

- Learn that foods are divided into food groups.
- Learn the colors that represent the food groups.
- Participate in physical activity while learning about the importance of daily physical activity as a part of good health.

##### Curriculum Connections:

Science, Health, Physical education, Language arts

##### Student Skills Developed:

- Thinking skills – categorization
- Thinking skills – analyzing information presented in a chart
- Understanding symbols
- Conceptualizing complex things as whole, and as simplified parts

##### Materials:

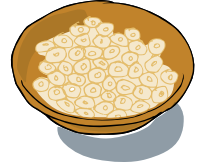
- *MyPyramid for Kids* classroom poster
- *MyPyramid for Kids* black-and-white handout for each student
- 3 x 5 cards



### Getting Started:

#### Hang the *MyPyramid for Kids* poster where your students can see it.

Ask students to describe what they see – colored stripes, pictures of food, stairs, and so on. Use this discussion to assess your students' understanding of *MyPyramid for Kids*.



### Activity: What's On the Poster?

#### 1. Point out that foods on the poster are arranged in groups.

Help students use the key to learn which color represents which food group. Which of the colored stripes are the largest? Point out that these are foods that children should choose more often. Which are the smallest? These are foods that children should choose less often.

#### 2. Point out that everyone needs food to live and grow.

But if people eat too much of some foods high in sugar and fat, they don't have enough room to eat other foods that are good for them. Ask students to name healthy choices from each of the food groups.

#### 3. Discuss each food group in turn.

Ask students to identify the foods they know that are shown on the poster. What are some other foods from each group that they like or know about?

#### 4. At this age, some students may not know what a "grain" is.

Grains come from plants like wheat, corn, and oats. They are used to make foods like bread, cereal, tortillas, and corn muffins. Popcorn is a grain-group food, too.

#### 5. What's the thin yellow stripe?

It represents oils, which can be found in foods like nuts or fish or added to foods as soft margarine or salad oil. Note how thin the stripe is. Most people need to limit the amount of oils they eat.

#### 6. Why are there stairs?

They represent physical activity. Look at the variety of activities shown on the poster. How many do you see? Part of being healthy is keeping physically active. Ask students to describe some of the ways they stay active. (Remind them that walking the dog, doing household chores and other daily activities count, as well as sports activities.)

#### 7. Give each student a copy of the *MyPyramid for Kids* handout.

Using the wall poster as a reference, have students color the stripes to match the colors on the poster. In the space provided have students draw or paste a picture of a smart food choice from each group and write in the name of the food group. You may want to have students bring in pictures of their own food choices for healthy eating from each group and make their own pyramid.

## Group Activity: Moving More Game

**Physical activity is important for good health.** Children need to eat enough food to support growth and should be physically active at least 60 minutes every day, or most days. This game helps kids think about the many ways to be physically active while playing a movement game.

**Ask students to brainstorm about active things they like to do.** These could be sports moves like dunking a basketball and kicking a soccer ball, dance moves like hip hop or ballet, or just everyday activities like raking leaves or climbing stairs. As students make suggestions, write each on a 3 x 5 card.

**Now have students go to the front of the room. Draw a card and read what's on it.** Have students act out that movement for 15 to 30 seconds. Then draw another card. If your students are readers, they can also take turns drawing and reading cards. To keep the tempo up, add some music in the background. (Power Panther™ songs are included on the enclosed CD ROM.)



## Lunchroom Link:

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Look at the lunch menu for today. Ask students into which food groups each of the items on the menu would fit. You may need to explain mixed foods like pizza and hamburgers, which fit in several groups. (Pizza = grain, milk, vegetable, meat)

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## Home Connection:

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Have students take their copy of the *MyPyramid for Kids* handout home to their parents. Encourage them to talk with parents about what they have learned. Also ask students to identify foods from each food group at home.

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