



# The Food Connection

## Overview

Students will make the connection between agricultural products, the food they eat, and the location of various foods on the Food Guide Pyramid.

## Suggested Grade Level

2 - 5

## Estimated Time

45 minutes

## Objectives

The students will be able to:

1. understand the Food Groups of the Food Guide Pyramid
2. determine the place of various foods on the Food Guide Pyramid
3. name foods from each of the Food Groups

## Materials

1. Teacher Reference Sheet
2. Activity Sheet A – Food Guide Pyramid
3. Activity Sheet B – Desktop Pyramid
4. Scissors
5. Glue or glue sticks

## Background

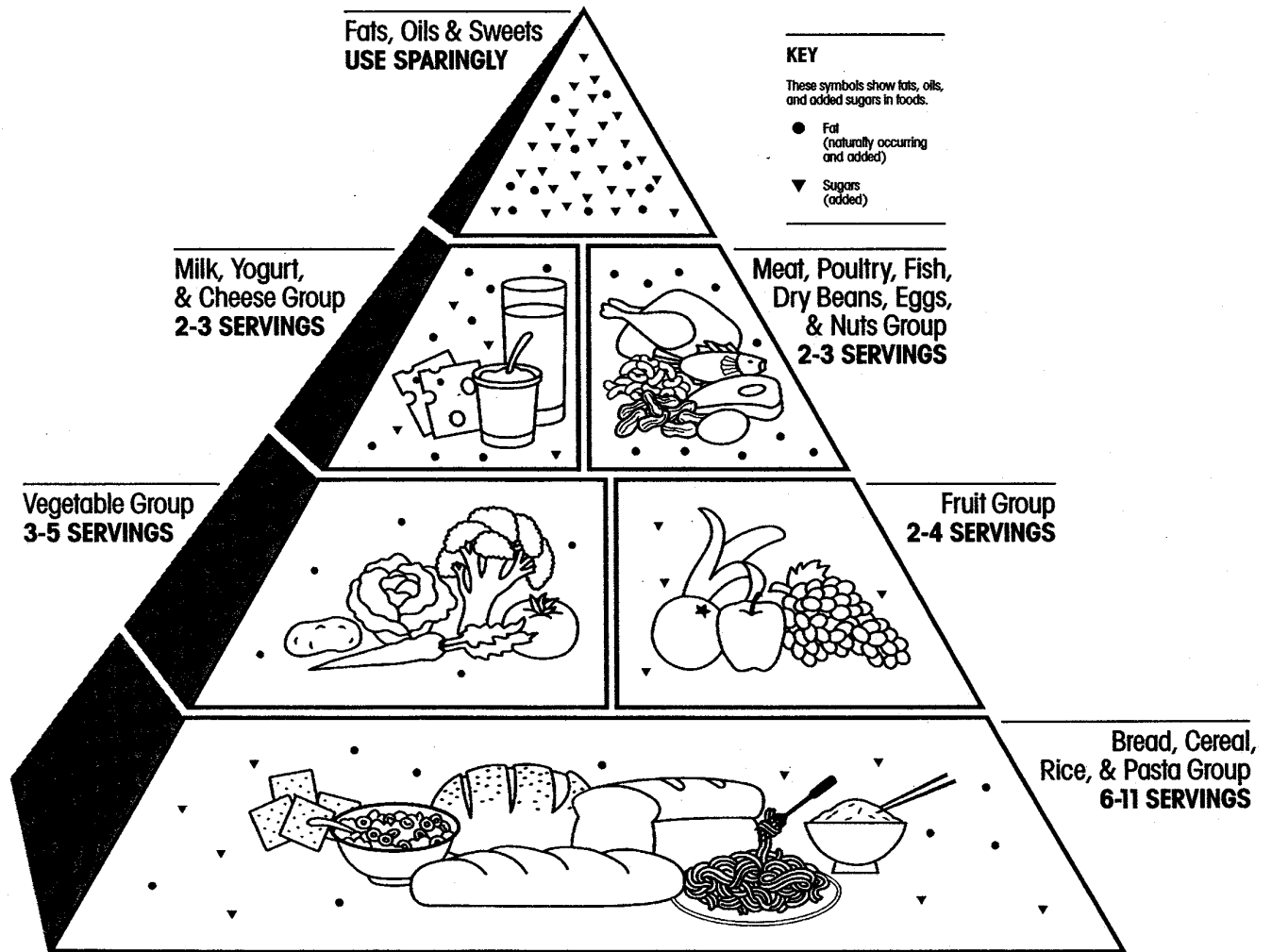
The Food Guide Pyramid emphasizes food from five food groups in the three lower tiers on the Pyramid, including:

1. Bread, cereal, rice, and pasta
2. Vegetables
3. Fruits
4. Milk, yogurt, and cheese
5. Meat, poultry, fish, dry bean, eggs, and nuts

Each of the food groups provides some, but not all, of the nutrients your body needs each day. No food group is more important than another, and food in one group cannot replace those in another group. You need foods from each of the

five food groups. The top tier of the pyramid, Fats, Oils and Sweets, are to be used sparingly in a healthy diet.

The Food Guide Pyramid is an outline for what you should eat each day and recommends the number of servings from each group. A healthy diet includes foods from **all** groups.



Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

**Activity**

1. Give students the Food Guide Pyramid handout and have them read the information.
2. Brainstorm with your class different foods from each of the food groups on the pyramid.
3. Have students make the Desktop Pyramid and place foods in each group.

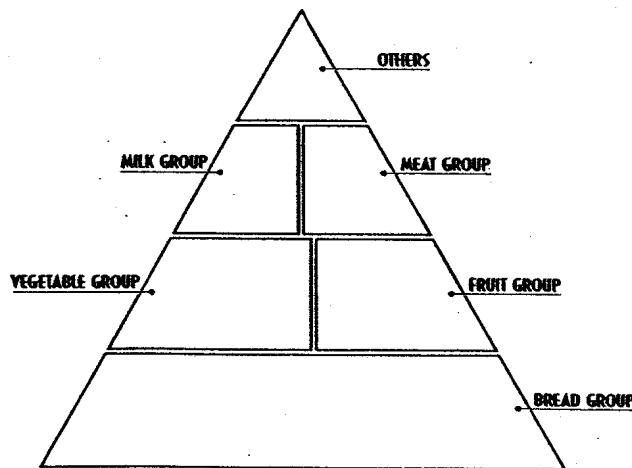
**Extensions**

1. Create a large classroom collage of the Food Guide Pyramid. Encourage students to cut out food pictures from newspaper ads, empty food containers and labels; or draw pictures to represent the plethora of foods in each group. Use masking tape to define the borders of the food groups on a wall or bulletin board.
2. Challenge students to create their own Food Guide Pyramid using a drawing program on the computer. Allow them to record their personal favorite foods in the appropriate chambers, or capture their daily consumption of foods for further analysis during this unit of study.
3. Have a tasting party of a variety of foods that may be new to your students, including as many foods from each group as possible. This would also be an opportunity to discuss combination foods that contain ingredients from more than one food group.
4. Build your own Food Guide Pyramid using empty cereal boxes brought from home. Cover each box with plain paper; then divide students into work groups. Have them glue or draw food items on one broad side of each box. When each group has completed their Food Group box, have the class assemble their pyramid against the wall.

*Adapted with permission from the National Cattleman's Beef Association.*

# Food Guide Pyramid

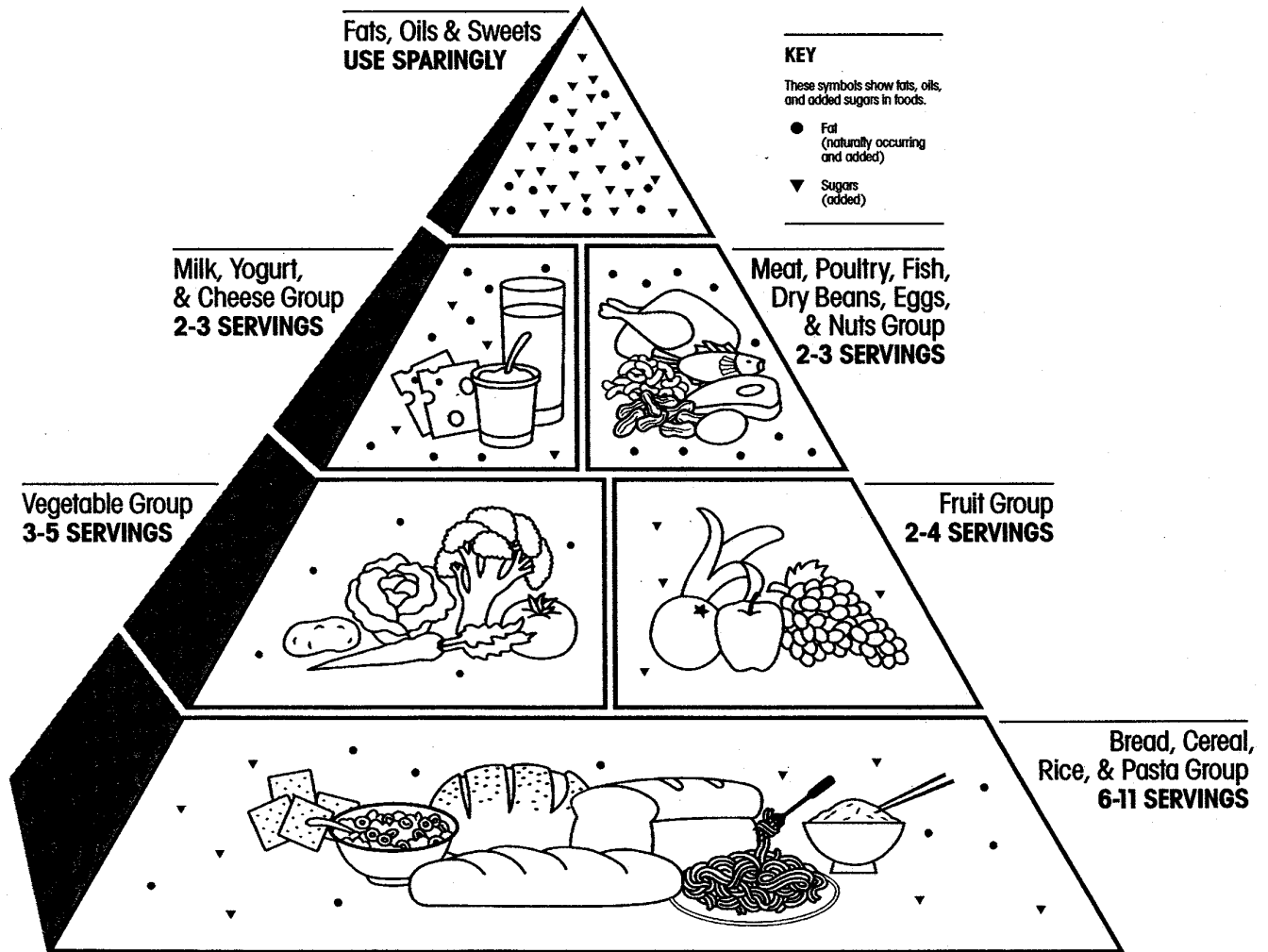
OTHERS	MILK GROUP	MEAT GROUP	VEGETABLE GROUP	FRUIT GROUP	BREAD GROUP		
apple butter bacon candy cream cream cheese gelatin gum gummy snacks honey margarine salad dressing sherbet soft drinks sugar sweet desserts whipped cream and toppings	cheese cheese spreads custard ice cream milk prepared instant breakfast rice pudding tapioca yogurt	bean dip beef beef jerky black beans chicken clams coconut duck eggs fish garbanzo beans hamburger hot dogs lamb liver lobster nuts peanut butter pinto beans pork roast beef sausage seeds shrimp steak tripe turkey veal	agave alfalfa sprouts artichoke asparagus bamboo shoots beets broccoli Brussels sprouts cabbage carrots cassava cauliflower celery chicory chilis coleslaw collards corn cucumber dandelion greens eggplant elote endive escarole French fries green beans green peas green pepper hominy jicama kale kelp kohlrabi lettuce lima beans lotus root	lupine mashed potatoes mushrooms mustard greens okra onion parsnips pickles poi potato chips potatoes prickly pear cactus pumpkin purslane radish romaine rutabaga sauerkraut seaweed spinach squash succotash sweet potato taro tomato turnip greens turnips vegetable juice vegetable soup water chestnuts watercress wax beans yam zucchini	apple avocado banana banana chips cherimoya cherries cider dates figs fruit juices fruit roll-ups grapefruit grapes guava lemon mandarin oranges mango maraschino cherries melon olives orange papaya peach pear pineapple platano raisins watermelon zapote	bagel biscotti bolillo bread cake cake or sugar cones for ice cream cereal cheese balls cheese crackers cheese curls cookies corn chips corn tortilla couscous crackers croissant croutons donut flour tortilla graham crackers macaroni masa matzo	oatmeal pastry pie crust pita bread popcorn popover pretzels rice rice cakes soda crackers sopa spaghetti taco shell Yorkshire pudding



# Food Guide Pyramid

Part of having a healthy body is eating the right foods. The Food Guide Pyramid was developed by the United States Department of Agriculture (USDA) to help you understand which foods and how much of each food to eat.

By looking at the Food Guide Pyramid, you can see the types of foods you should eat each day. The bigger the section of the pyramid, the more food you should eat of that kind. The base or lowest level of the Food Guide Pyramid is the biggest, so you should eat the most servings of these foods (breads, cereal, rice and pasta group). The top of the Food Guide Pyramid is the smallest, so you should eat the least of these foods. Therefore, you build your healthy body from the bottom of the pyramid up!



Source: U.S. DEPARTMENT OF AGRICULTURE and the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

# Desktop Pyramid

Directions: Cut out the figure of the pyramid. Fold and glue the tabs to create your very own Food Guide Pyramid. Glue the food group names on the correct section of the pyramid on one side of the pyramid. On another side, cut out and glue on the foods from the prairie. On the third side draw or write the names of some of your favorite foods from each group.

