

**Level 3**

# MyPyramid

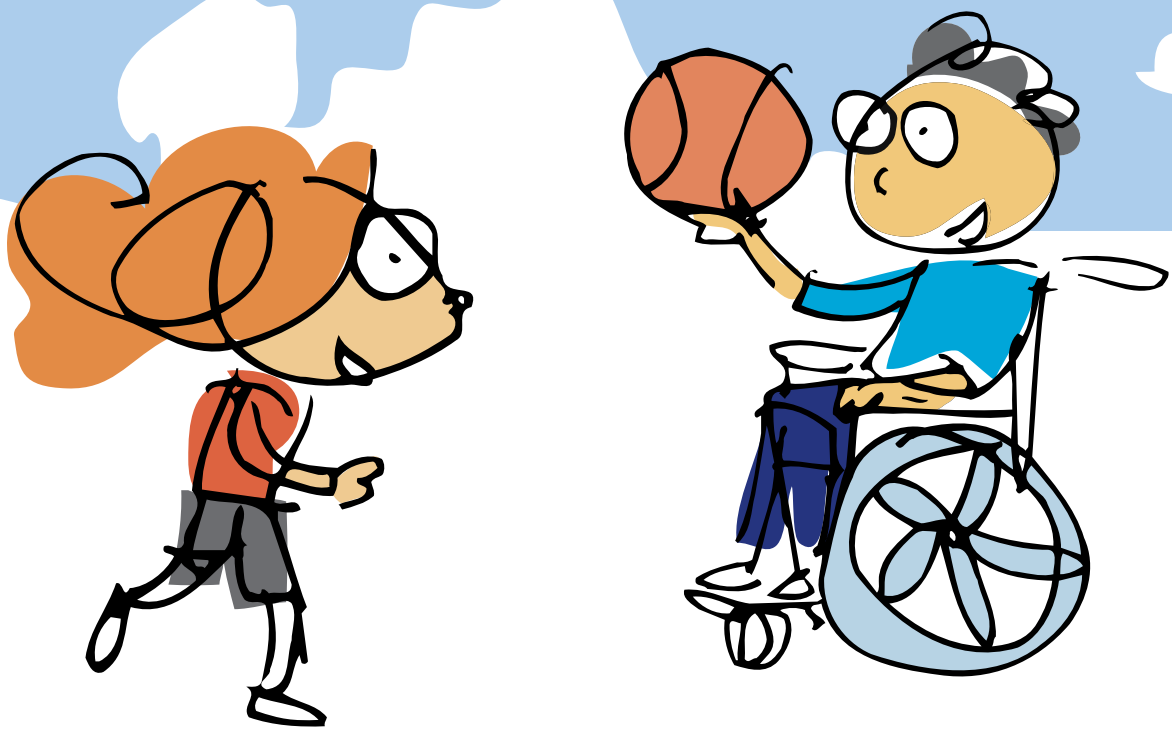
## FOR KIDS

### Lessons for Grades 5 and 6

<p><b>Grains</b> Make half your grains whole</p>	<p><b>Vegetables</b> Vary your veggies</p>	<p><b>Fruits</b> Focus on fruits</p>	<p><b>Milk</b> Get your calcium-rich foods</p>	<p><b>Meat &amp; Beans</b> Go lean with protein</p>
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**Oils** Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

★ Find your balance between food and fun      ★ Fats and sugars — know your limits



**United States Department of Agriculture**

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Dear Teacher,

The U.S. Department of Agriculture (USDA) has developed these lessons to help you teach children in grades 5 and 6 about **MyPyramid**.

The lessons feature a graphic developed specifically for elementary students titled **MyPyramid for Kids**. The lessons are designed to integrate nutrition with science, math, language arts, and health. Physical activity is also emphasized.

The lessons:

- Communicate nutrition concepts through age-appropriate, fun activities
- Contain handouts to be duplicated
- May be taught with minimal preparation
- Include a link with the school lunch program
- Provide information to send home to parents.

Also included in the lessons are: a **MyPyramid for Kids** poster, 50 **Tips for Families** flyers to send home to parents, a CD ROM with an interactive computer game, and a CD ROM with all the lesson materials and supplemental materials for educators. Your students will have fun as they learn to eat well and be physically active.

Here is a snapshot of what the three lessons cover:

Topic	Objective	Individual Student Activity	Group Activity	Lunchroom Link
Getting the Most Nutrition from Your Food	Students identify the food groups and nutrition messages that make up <b>MyPyramid for Kids</b> and learn how to choose healthier foods from each food group.	Students record the foods they eat for an entire day and categorize the foods into food groups.	Students play the <b>MyPyramid Blast-Off</b> game.	Students categorize lunchroom foods according to the food groups in <b>MyPyramid for Kids</b> .
Eating Out and Eating In — Go Lean With Protein	Students identify foods in the meat and beans group and analyze meat and bean choices from fast food restaurants.	Using the <b>Where's the Fat?</b> worksheet, students practice comparing the fat content of foods in the meat and beans group.	Students determine their own <b>MyPyramid Plan</b> by visiting <b>MyPyramid.gov</b> .	Students review the lunch menu to find all the foods from the meat and beans group. Students are asked to create signs to help promote lean protein choices to other students.
Get Your Calcium-Rich Foods	Students identify foods in the milk group and learn their health and nutrition benefits. Students learn to compare the calcium and fat content in foods using food labels.	Using the <b>What's on the Label?</b> and <b>What's the Score?</b> handouts, students practice comparing the nutrient content of foods in the milk group.	Students participate in a blind taste test with four different types of milk (fat-free, 1%, 2%, and whole milk). Students are asked to compare the taste of each.	Students analyze the food choices available in the school vending machines. The class is asked to start a campaign to add milk to the choices available in the vending machines.

# A Close Look at MyPyramid

For Kids

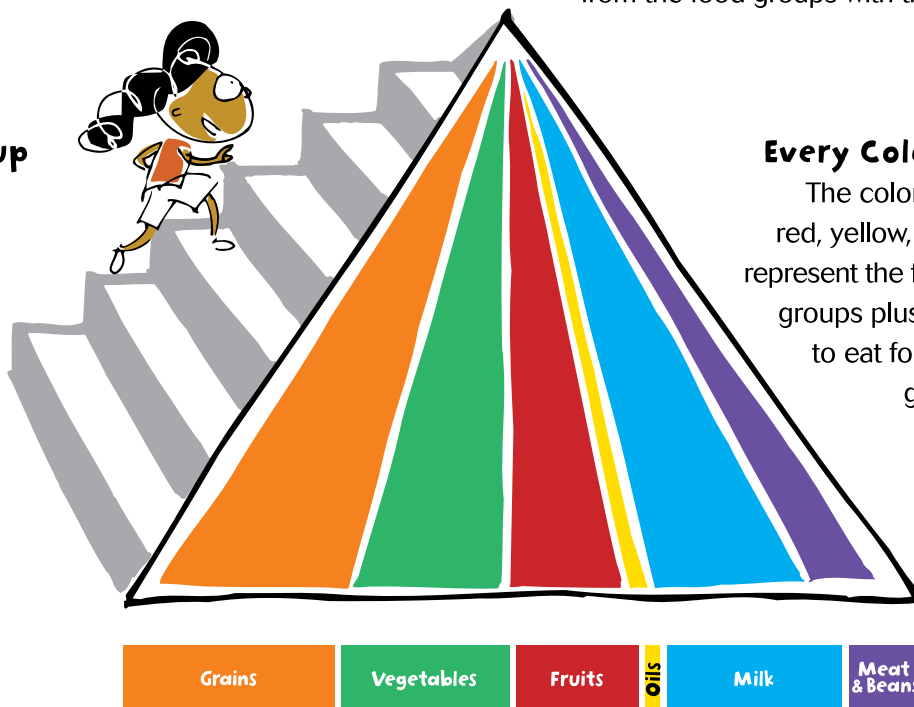
*MyPyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

## Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

## Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



## Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

## Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

## Make Choices That Are Right for You

*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

## Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

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**Lesson 1: Getting the Most Nutrition From Your Food**

**Lesson 2: Eating Out and Eating In –  
Go Lean With Protein**

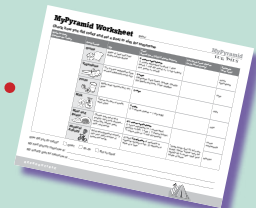
**Lesson 3: Get Your Calcium-Rich Foods**

## Reproducibles:

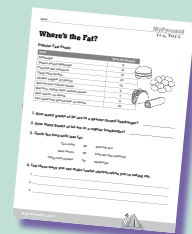
Lesson **1** *MyPyramid for Kids*  
Black-and-white handout



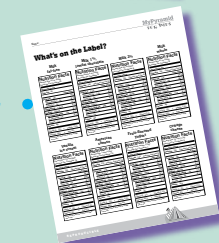
Lesson **1** *MyPyramid Worksheet*



Lesson **2** *Where's the Fat?*



Lesson **3** *What's on the Label?*



Lesson **3** *What's the Score?*

