



Lesson 2:

Eat Smart with *MyPyramid for Kids*

Lesson Highlights

Objective

Students will:

- Practice sorting foods into the appropriate food groups.
- Learn where to find foods from each food group in the lunch line.
- Learn to look for foods from each food group when they visit the supermarket.

Curriculum Connections:

Math, Science, Health,
Language arts

Student Skills Developed:

- Reading and following directions
- Thinking skills - categorizing

Materials:

- Eat Smart with *MyPyramid for Kids* worksheet for each student
- Food illustrations from CD ROM
- Food label and ingredients list for a whole-grain food (cereal box, bread wrapper, etc.)
- *Dear Parents - Grocery Store Treasure Hunt* reproducible for each student

Activity: Eat Smart with *MyPyramid for Kids*

1. Tell students that they are going to learn about many examples of foods from each of the food groups shown on *MyPyramid for Kids*. Hand out a copy of *Eat Smart with MyPyramid for Kids* to each student.
2. Have students complete the worksheet.
3. Review the worksheets with the students and talk to them about each food group. Some points to cover are:
 - **Grains** – Point out foods students might not think of as grains – oatmeal, corn meal, or rice and popcorn.

Tell students that some grains are whole grains. At least half the grains they eat should be whole grain. Some names for whole grains are whole wheat, whole-grain corn, and oatmeal. Show them the words “whole grain” on the ingredients label or the front of a cereal box and ask them to look for it on a cereal box at home.

- **Vegetables** – Do your students eat fresh vegetables? Frozen? Canned? Dark green and orange vegetables are especially important. (Examples include spinach, broccoli, carrots, and sweet potatoes.) Ask students to name dark green and orange vegetables they'd like to try.
- **Fruits** – Explain that fruit can be fresh, canned, frozen, or dried. Ask children about their favorite fruits. What type or form do they eat?
- **Milk** – Ask students to name some foods in the milk group (milk, cheese, yogurt, ice cream). Where does milk come from? Do they drink milk every day? For children who are lactose intolerant, there are lactose-free products.
- **Meat and Beans** – Ask students to name foods from the meat and beans group (meat, fish, chicken, turkey, eggs, dry beans, and peas, nuts, and seeds). Do they ever eat beans at home for dinner?



Group Activity: Play Pyramid Go Fish

Students play Pyramid Go Fish with food cards. This activity will give students additional practice in sorting foods into groups.

Getting Started:

- **Duplicate food illustrations from CD ROM and cut into cards.**
- **Put students into groups of four and distribute 30 cards to each group.**
- **Now play Pyramid Go Fish.** The dealer deals out four cards to each student, and places the rest in the middle. The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands her card to Michael, who then places his pair of cards on the table. Michael is then able to ask the next student a question.
- **If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish,"** and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and find cards until all the pairs are found. The student with the most pairs wins.



Lunchroom Link:

Plan a visit to the cafeteria. Ask the staff to show students where to find foods from each food group on the serving line. (Perhaps the foodservice staff could put the appropriate color dot sticker by the food on the serving line, i.e., green = vegetable, red = fruit, etc.)



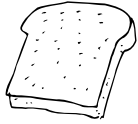
Home Connection:

Send the *Dear Parents Grocery Store Treasure Hunt* letter home with your students. This is a nutrition activity they can do with their families.

Name: _____

Eat Smart with *MyPyramid for Kids*

Draw a **circle** around the foods that are in the **Grain Group**.



Slice of bread



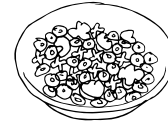
Baked potato



Popcorn



Pasta (bowtie)

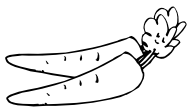


Cereal



Candy bar

Draw a **rectangle** around the foods that are in the **Vegetable Group**.



Carrots



Spinach



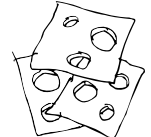
Grapes



Pasta (macaroni)



Broccoli



Swiss cheese

Draw a **square** around the foods that are in the **Fruit Group**.



Corn



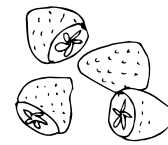
Orange juice



Apple



Banana



Strawberries



Muffin

Draw a **triangle** around the foods that are in the **Milk Group**.



1% Milk



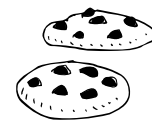
Yogurt



Egg



American cheese



Cookies



Orange juice

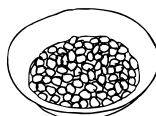
Draw an **oval** around the foods that are in the **Meat and Beans Group**.



Peanut butter



Egg



Beans



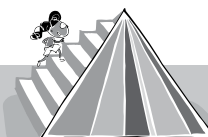
Chicken



Pork chop

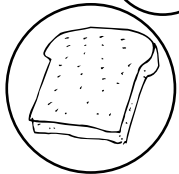


Fish



Eat Smart with *MyPyramid for Kids*

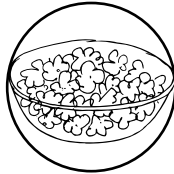
Draw a **circle** around the foods that are in the **Grain Group**.



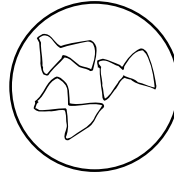
Slice of bread



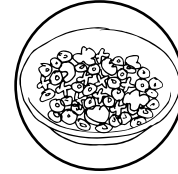
Baked potato



Popcorn



Pasta (bowtie)

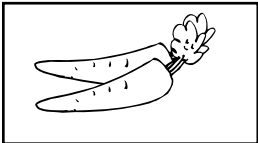


Cereal



Candy bar

Draw a **rectangle** around the foods that are in the **Vegetable Group**.



Carrots



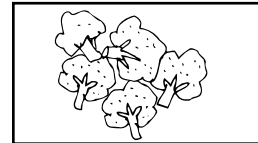
Spinach



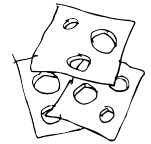
Grapes



Pasta (macaroni)



Broccoli

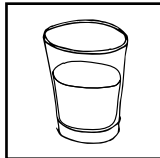


Swiss cheese

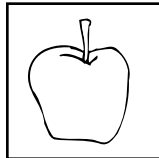
Draw a **square** around the foods that are in the **Fruit Group**.



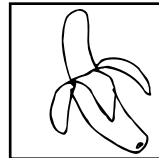
Corn



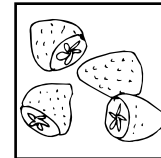
Orange juice



Apple



Banana

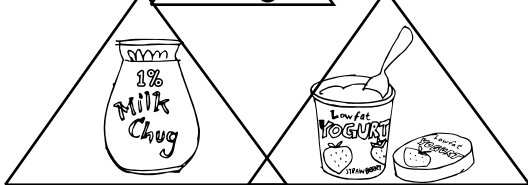


Strawberries



Muffin

Draw a **triangle** around the foods that are in the **Milk Group**.



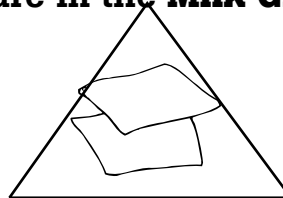
1% Milk



Yogurt



Egg



American cheese



Cookies

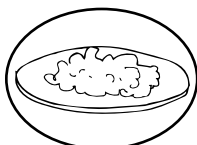


Orange juice

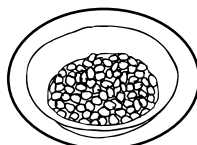
Draw an **oval** around the foods that are in the **Meat and Beans Group**.



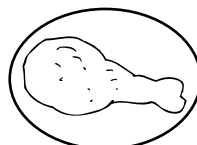
Peanut butter



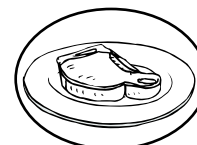
Egg



Beans



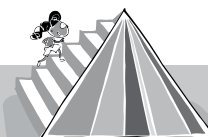
Chicken



Pork chop



Fish



Grocery Store Treasure Hunt



Grains

Most people need to eat more whole-grain foods. Breakfast cereals are an easy way to add whole grains to your diet. Look for some cereals that have one of these words as the first ingredient: oatmeal, whole-grain corn, whole oats, whole wheat.

The color of the bread does not mean it is whole-grain. Bread can be brown because of molasses or other added ingredients. Read the label to see if it's made with a whole grain. Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually **not** whole-grain products.

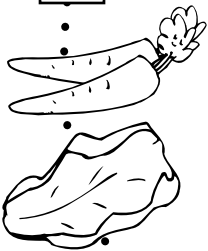
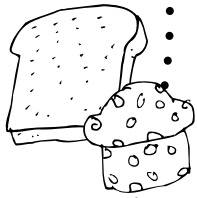
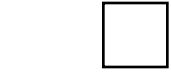
Dear Parents:

We have been learning about nutrition and *MyPyramid for Kids* in our class. You can help your child learn more about the foods your family enjoys. Take this sheet along with you the next time you go to the supermarket and have your child look for foods in each food group. If you have access to the Internet, you can learn more about *MyPyramid* at **MyPyramid.gov**.

Make this a fun treasure hunt and a memorable activity for your child.

Signed,

Your Child's Teacher



Vegetables

Look for some dark green or orange vegetables such as broccoli, spinach, romaine lettuce, carrots, sweet potatoes, and pumpkin. Most kids (and adults) don't get enough of these.



Fruits

Choose one fruit you've never tried but would like to try. When buying fruit drinks, find one that is 100% fruit juice. It's a good idea to offer your child whole fruits more often than 100% fruit juice.



Milk

Kids need the calcium from milk and milk products every day to build strong bones. Help your child choose a calcium-rich food to eat for a snack such as fat-free yogurt, lowfat cheese and cottage cheese, or 1% or fat-free milk.

Meat and Beans

Look at all the kinds of foods in the meat and beans group. Then find some different types of dry beans. These are good sources of protein.

