

Level 1

MyPyramid

FOR KIDS

Lessons for Grades 1 and 2

Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein

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





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Dear Teacher,

The U.S. Department of Agriculture (USDA) has developed these lessons to help you teach children in grades 1 and 2 about **MyPyramid**. The lessons feature a graphic developed specifically for elementary students titled **MyPyramid for Kids**. They are designed to integrate nutrition with science, math, health, and language arts. 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 an activity to send home to parents.

Also included with these 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, a CD ROM with all the lesson materials and supplemental materials for educators, and the **Fruit and Vegetable Challenge** poster kit. 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
Exploring MyPyramid for Kids	Students learn the food groups that make up MyPyramid for Kids and participate in a physical activity.	Color the MyPyramid for Kids handout using the proper color for the 5 food groups plus oils.	Students play the Moving More physical activity game.	Students categorize lunchroom foods according to the food groups in MyPyramid for Kids.
Eat Smart with MyPyramid for Kids	Students learn how they can use MyPyramid for Kids to help them make food choices for healthy eating.	Using the Eat Smart with MyPyramid for Kids handout, students categorize foods into the proper food groups.	Students participate in the Pyramid Go Fish food group categorizing game.	Students visit the cafeteria and learn where to find foods from each food group.
Vary Your Veggies and Focus on Fruits	Students identify fruits and vegetables they like and expand the variety of fruits and vegetables they eat.	Using the My Fruit and Vegetable Diary handout, students complete a diary of fruits and vegetables they have eaten.	Students complete the Graph It exercise, graphing the number of vegetables and fruits eaten by the class.	Students identify fruits and vegetables eaten at lunch each day and complete the Fruit and Vegetable Challenge poster.

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

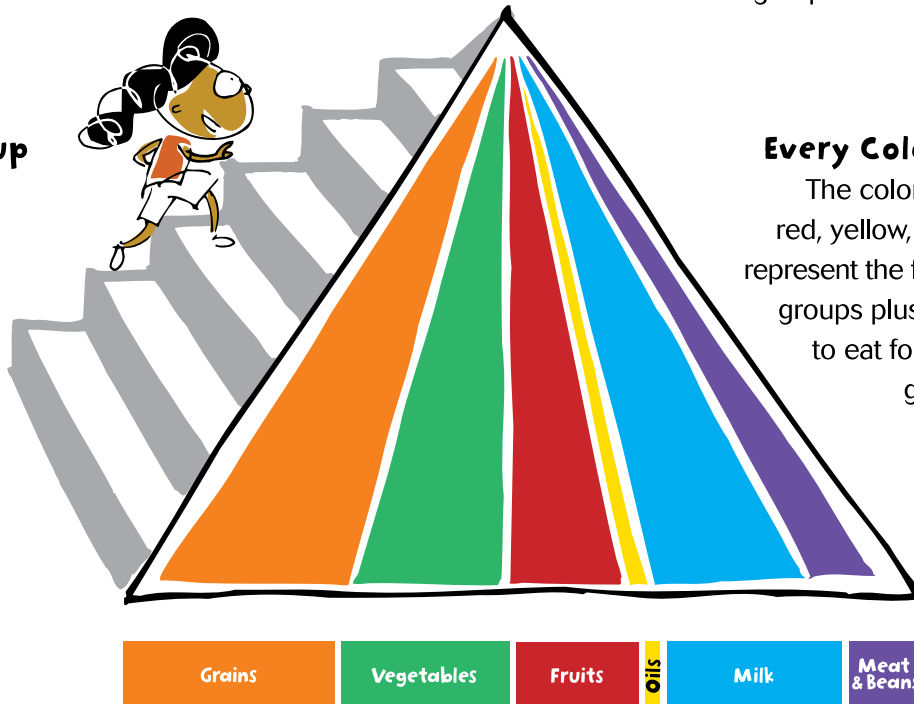
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

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.

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.



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: Exploring *MyPyramid for Kids*

Lesson 2: Eat Smart with *MyPyramid for Kids*

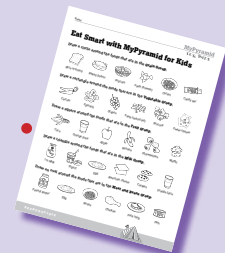
Lesson 3: Vary Your Veggies and Focus on Fruits

Reproducibles:

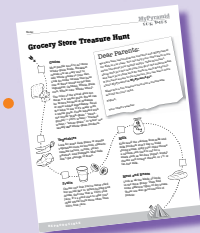
Lesson **1** *MyPyramid for Kids*
Black-and-white handout



Lesson **2** Eat Smart with
MyPyramid for Kids



Lesson **2** Dear Parents
Grocery Store Treasure Hunt



Lesson **3** My Fruit and Vegetable Diary

