

Level 2

MyPyramid

FOR KIDS

Lessons for Grades 3 and 4

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 3 and 4 about **MyPyramid**.

- The lessons feature a graphic developed specifically for elementary students titled **MyPyramid for Kids**. They are designed to integrate nutrition with math, language arts, music, and art. 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 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, 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
MyPyramid for Kids	Students identify the food groups that make up MyPyramid for Kids and learn how much from each food group they should eat.	Students listen as the teacher reads "A Conversation with Pyramid Pal" aloud. During the story, students answer questions on the MyPyramid for Kids handout.	Students create cartoons based on "A Conversation with Pyramid Pal."	Students categorize lunchroom foods according to the food groups in MyPyramid for Kids .
Food Math	Students discuss the importance of eating all the food groups and calculate how much they need to eat from each food group to meet the MyPyramid for Kids recommendations.	Using the Food Math handout, students practice adding and subtracting amounts of food to meet the recommended amount from each food group.	Students create a rap song about the importance of eating all the food groups.	A representative from the school foodservice staff visits the classroom to discuss how they create balanced menus.
Vary Your Veggies and Focus on Fruits	Students learn about the nutritional qualities of vegetables and fruits and set goals to eat more fruits and vegetables.	Using the Steps to a Healthier You handout, students learn about goal-setting as they think about ways to add more fruits and vegetables to their diet.	Students research a dark green or orange vegetable and create an ad campaign for that vegetable. Groups perform their ad for the class.	Students review the cafeteria lunch menu to find the dark green and orange vegetables offered. Students develop signs to advertise these vegetables to other students.

A Close Look at MyPyramid For Kids

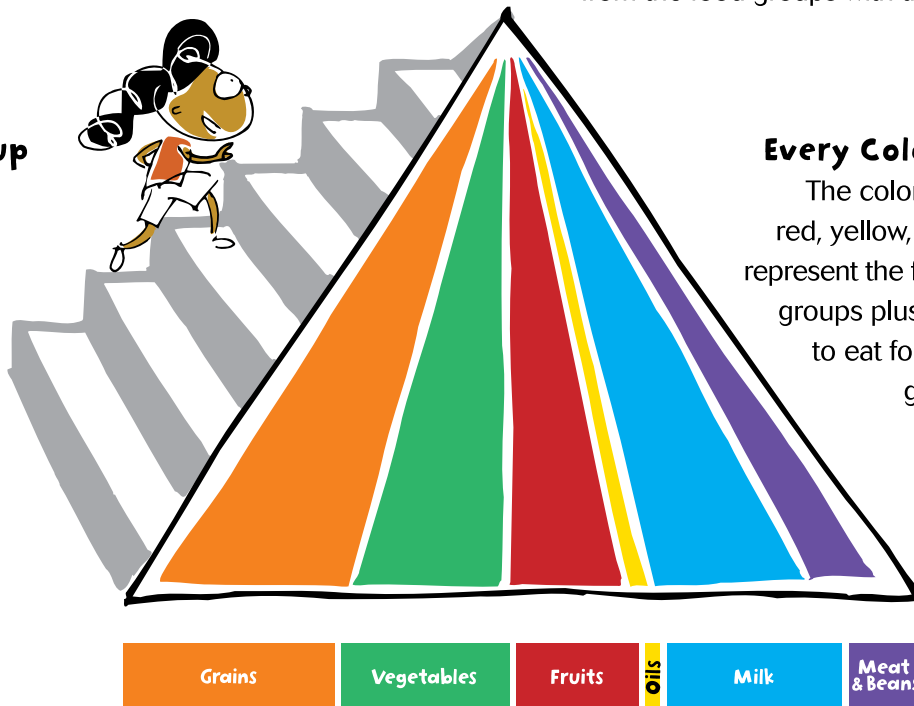
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

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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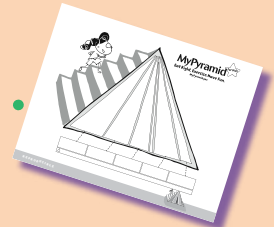
Lesson 1: *MyPyramid for Kids*

Lesson 2: Food Math

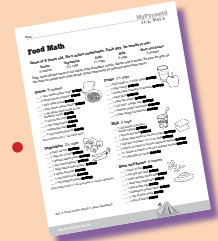
Lesson 3: Vary Your Veggies and Focus on Fruits

Reproducibles:

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



Lesson 2 **Food Math**



Lesson 3 **Steps to a Healthier You**

