

MyPyramid: Cut and Paste

4th Grade

Nutrition Objectives:

- Students will learn that MyPyramid is a guideline of what to eat every day.
- Students will learn that there are five food groups in MyPyramid and there are a wide variety of food items within each group.
- Students will learn which foods fit into each food group of MyPyramid.
- Students will learn that eating foods from each food group helps them stay healthy.

Colorado Content Standards	Application of Standard
<p>Science Standard 3: Life Science: Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.</p> <p>Students will:</p> <ul style="list-style-type: none"> ▪ describe the basic food requirements for humans as summarized in the nutrition pyramid. 	<p>Students will:</p> <ul style="list-style-type: none"> ▪ identify and classify a variety of food pictures from newspaper grocery flyers according to each food group of MyPyramid; ▪ understand the basic food requirements in MyPyramid by creating their own MyPyramid.

WHAT TEACHERS NEED TO KNOW

- It is important to establish healthy eating habits during childhood years since these habits may carry into adulthood. The “MyPyramid” Food Guidance System is a graphic symbol developed by the United States Department of Agriculture and the United States Department of Health and Human Services to help consumers implement the 2005 Dietary Guidelines for Americans. MyPyramid emphasizes the need for a more individualized approach to improving diet and lifestyle.
- Yogurt is a low-fat, calcium rich ingredient in this chicken salad recipe that helps children get their 3 servings of foods from the Milk Group.

MATERIALS, INGREDIENTS and TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> ▪ can opener ▪ 1 medium bowl ▪ 1 mixing spoon ▪ small paper plates* ▪ plastic forks* ▪ 10oz. bag shredded carrots ▪ 3 oz raisins ▪ 8 oz low-fat plain yogurt ▪ 4-6 whole wheat crackers per student ▪ 2 - 12 oz. cans chicken 	<ul style="list-style-type: none"> ▪ MyPyramid poster ▪ recipe copies* ▪ text “Why follow MyPyramid”* ▪ activity sheet* ▪ transparencies (optional) ▪ glue* ▪ scissors* ▪ newspaper grocery flyers* 	<ul style="list-style-type: none"> ▪ Open and drain cans of chicken. ▪ Have salad ingredients (chicken, yogurt, raisins, and shredded carrots) ready to mix. ▪ Have medium bowl and mixing spoon ready to use. ▪ Have whole wheat crackers, small paper plates, plastic forks, and napkins ready to pass out to students.

*one per student

SET-UP

Work area:

- Students will either work at their individual desks or in pairs.
- Have nutrition table ready for lesson ingredients and materials.

INTRODUCTION WITH STUDENTS

- **“Today we are going to learn about MyPyramid.”**
- Show the MyPyramid poster to students and ask them what they know about it.
- Explain to students that MyPyramid is a guideline of what we should eat each day to stay healthy.

Review with students some of the important messages of MyPyramid:

1. **Most of the foods we eat can be sorted into the five major food groups. Have students name foods that go in each group.**
2. **We need to eat a variety of foods from all food groups and within each group. Explain that eating a variety of foods means eating many different foods from each of the five food groups.**
3. **The oil section of MyPyramid is yellow and is not one of the major food groups. Salad dressings, vegetable oil, mayonnaise and margarine belong in this section. It is narrow because our bodies need some oil for good health but only very little.**

4. **Some foods, such as soda pop, sugar, candy, and butter, are not pictured in MyPyramid because they are not a necessary part of a daily healthy diet.**
5. **Explain that the stairs and the person on the stairs represent the importance of "being active". Remind students that being active is also very important for their health.**

“We will be learning why each food group is important for our health.”

- Pass out the text “Why Follow MyPyramid” to students and read it with them. Ask questions to see if they understand the content.

“After the activity, you will make a healthy snack using one food item from each food group.”

- To make the lesson more challenging, remove the MyPyramid poster from the board during the activity.

PROCESS

Step 1: Give each student the "MyPyramid Food Groups" activity sheets, scissors, and glue.

Step 2: Show students a grocery flyer. Explain that they need to find food pictures in the flyers that fit into each food group in MyPyramid.

Important: The food groups are not labeled with food names. Students will have to use their texts to help them remember which group is which. The Grains Group is labeled the “energy-giving group”, the Fruit and Vegetable Groups are labeled the “healing-and-fighting-disease groups”, the Milk Group is the “bone-building group”, the Meat and Beans Group is the “muscle-building group”.

Important: The Vegetable and Fruit Groups are separate. Remind students that even though they have the same name "healing-and-fighting-disease group" they are different groups. Vegetables will go in one and fruits will go in the other.

Step 3: **“Foods such as candy, soda pop, sugar, and butter are not pictured in MyPyramid because they are not a necessary part of a daily healthy diet.”** Have them focus on cutting out foods that belong in the five food groups. Remind them that the oil section is not a food group.

Step 4: Demonstrate how to do the activity by locating a food in the flyer and asking students where that food fits in their activity sheet. For example, a carton of milk would go in the bone-building group. Cut out the food

picture and glue it where it belongs in the activity sheet. Pass out grocery flyers to students.

Tip: Have students cut the foods into small pieces so they fit in the boxes.

Step 5: Have individuals work on the activity. Remind students that they need to look for different kinds of foods for each food group. Emphasize variety. Walk around the classroom and help them find food pictures.

Tip: For uncertain food items, see attached list of food items.

Step 6: When students have finished with their activity have them clean up their area and wash their hands with soap and warm water.

Step 7: **“You are going to make a healthy snack called the “MyPyramid Chicken Salad”, using food items from the five food groups.** Give each student a recipe and go over it with students. **“Where does each ingredient in this salad fit in the MyPyramid? This chicken salad is made with yogurt and eating it will help you get your 3-A-Day of Dairy.** Demonstrate how to make the salad. Ask students to read the directions and ask for volunteers to help make the salad.

Step 8: Spoon a small amount of the salad (about 1-2 tablespoons) onto small paper plates and pass out to students along with whole wheat crackers, plastic spoons, and napkins. Encourage them to try this new food. Eat and enjoy! Offer seconds to those who want more.

Tip: By serving a small amount, everyone will have a chance to try the new food and have the option to say either “I’ve tried it but I don’t care for it”, or “I’ve tried it and I like it very much. I would like to eat more.”

Step 9: Remind students to take their recipes home to share with their families.

SUMMARY/REVIEW WITH STUDENTS

- What we eat is very important for our health. MyPyramid shows us how to choose a variety of foods from different food groups.
- We all need to eat a variety of foods to keep us healthy.
- There are many different kinds of foods in each group of MyPyramid.
- What are the health benefits of the nutrients from each food group?
- The foods we eat help our bodies grow strong and healthy. Remember there are some foods we should eat more of, like fruits, vegetables, whole grain products and low-fat milk products and some foods that we should eat less of, like soda, chips and candies.

MyPyramid Chicken Salad

Ingredients:

Yield: 6-8 servings

2 cans chicken (10 ounce cans)
6 to 8 oz shredded carrots
3 oz raisins
8 oz low-fat, plain yogurt
whole wheat crackers

Directions:

1. Open and drain canned chicken.
2. Put chicken, carrots, raisins, and yogurt into a bowl.
3. Mix well.
4. Serve the chicken salad with whole wheat crackers.
5. Eat and enjoy!

**Eat a variety of foods every day
for good health!**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer.

Ensalada de Pollo

Ingredientes:

Porciones: 6-8

- 2 latas de 10 oz. de pollo
- 6-8 oz. de zanahorias ralladas
- 3 oz. de pasas
- 8 oz. de yogur simple, bajo en grasa
- galletas de harina de trigo

Direcciones:

1. Abrir y escurrir las latas de pollo
2. Colocar el pollo, zanahorias, pasas y yogur en un recipiente
3. Mezclar bien.
4. Servir la ensalada de pollo con las galletas de trigo.
5. ¡Come y disfruta!

**¡Come una variedad de alimentos cada día
para una buena salud!**

Este material fue fundado por el Programa de Cupones para Alimentos del USDA. El Programa de Cupones para Alimentos provee asistencia nutritiva a gente con bajos recursos. Le puede ayudar a comprar comida mas nutritiva para una mejor dieta. Para obtener mas información, contacte a su oficina de servicios sociales. Esta institución ofrece oportunidad y empleo equitativo para todos.

Why Follow MyPyramid?

MyPyramid is a guideline of what to eat every day. There are five food groups in MyPyramid. We need to eat food from each group to stay healthy.

The first group of MyPyramid is the Grains Group (orange). Grains give us the **energy** we need to run, play, read, write, think, breathe and even sleep. We need to eat at least 3 servings of whole grains every day.

The next two food groups are Vegetables (green) and Fruits (red). These foods provide **vitamins** and **minerals**, which do many jobs. They keep our eyesight and skin healthy, help to heal cuts and bruises, and help us to fight sickness and disease. We need to eat 5 to 9 fruits and vegetables every day.

The Milk Group (blue) provides **calcium**, which builds strong bones and healthy teeth. We need 3-A-Day of Dairy for stronger bones and healthier bodies.

The Meat and Beans Group (purple) includes meat, fish, dry beans, eggs, seeds, and nuts. These foods provide **protein** which help build strong muscles.

The oils section (yellow) is not a food group. Some foods that belong in this section are vegetable oil, salad dressings, mayonnaise and margarine. Our bodies need only a small amount of oil for good health, which is why this section is so narrow.

Remember to eat different foods from all of the food groups to help keep your body growing strong and healthy.

¿Porqué Seguir MiPirámide?

MiPirámide es una guía de lo que uno debe comer cada día. Hay cinco grupos mayores de alimentos en MiPirámide. Necesitamos comer comidas de cada grupo de comidas para mantener nuestra salud.

El primer grupo de MiPirámide es el grupo de Granos (anaranjado). Los granos nos dan la **energía** que necesitamos para correr, jugar, leer, escribir, pensar, respirar y hasta dormir. Necesitamos por lo menos 3 porciones de granos enteros cada día.

Los dos grupos siguientes son las Verduras (verde) y las Frutas (rojo). Estos alimentos proveen las **vitaminas** y los **minerales**, los cuales tienen muchos trabajos. Mantienen nuestra vista y piel en buena condición, nos ayudan sanar de cortadas y moretones, y nos ayudan combatir los malestares y las enfermedades. Necesitamos comer de 5 a 9 frutas y verduras todos los días.

El grupo de la Leche (azul) provee el **calcio**, el cual forma huesos fuertes y dientes saludables. Los niños necesitan 3 vasos de leche al día para sus huesos que están creciendo.

El grupo de Carnes y Frijoles (morado) incluye carne, pescado, frijoles secos, huevos, semillas, y nueces. Estos alimentos proveen la **proteína** necesaria para formar músculos fuertes.

La sección de los aceites (amarillo) no es un grupo de alimentos. Algunos alimentos que pertenecen en esta sección son aceite vegetal, aderezos de ensaladas, mayonesa y margarina. Nuestros cuerpos necesitan solo una pequeña cantidad de aceites para la buena salud, es por eso que esta sección es muy estrecha.

Recuerde comer diferentes alimentos de todos los grupos de alimentos para ayudar que su cuerpo crezca fuerte y sano.

Possible food pictures that you will find in the bag (Teacher Only)

GRAIN GROUP

bagel
biscuit
bran flakes
corn flakes
croissant
dinner roll
egg noodles
English muffin
graham crackers
granola
granola bar
grits
hard roll
hot dog bun
muffin
oatmeal
pancake
pasta
pita bread
popcorn
pretzels
rye bread
rye crackers
rice
saltine crackers
snack crackers
tortilla
tortilla chips
waffle
white bread
whole wheat bread

VEGETABLE GROUP

avocado
broccoli
cabbage
carrots
cauliflower
celery
coleslaw
corn
corn on cob
green beans
green peas
green pepper
lettuce
baked potato
hash brown potatoes
mashed potato
snow peas
spinach
sweet potato
tomato
tomato juice
tossed salad
winter squash
zucchini

FRUIT GROUP

apple
applesauce
banana
cantaloupe
fruit cocktail
grapefruit
grapes
orange
orange juice
peach
peaches (canned)
pear
pears (canned)
pineapple
prunes
raisins
strawberries
watermelon

MEAT/BEANS GROUP

ground beef
roast beef
steak
pork chop
fried chicken
roasted chicken
turkey
ham
fish sticks
halibut
salmon
shrimp
tuna
fried egg
hard-cooked egg
scrambled egg
baked beans
black-eyed peas
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

MILK/DAIRY GROUP

American cheese
cheddar cheese
cottage cheese
lowfat cottage cheese
1% lowfat milk
mozzarella cheese
muenster cheese
parmesan cheese
Swiss cheese
whole milk
chocolate milk
2% reduced fat milk
2% reduced fat
chocolate milk
1% lowfat milk
fat-free milk
cultured buttermilk
milk shake
fruit-flavored low-
fat yogurt
lowfat plain yogurt
frozen yogurt
non-fat plain yogurt
ice-cream

OILS

French dressing
Italian dressing
mayonnaise
vegetable oils
margarine

**Foods Not Pictured
in MyPyramid
(not meant to be a part
of your daily diet)**

candy
soft drinks
jam
sugar
honey
syrup
butter
cream cheese
cream
chocolate
chips

MyPyramid Food Groups

energy giving group

healing and fighting disease group

healing and fighting disease group

bone building group

muscle building group

Grupos de Alimentos de MiPirámide

grupo que da energía

grupo que cura y ayuda a
combatir las
enfermedades

grupo que cura y ayuda a
combatir las
enfermedades

Grupo que forma los
huesos

grupo que forma los
músculos