

# MyPyramid Snack Mix

## K-1<sup>st</sup> 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.
- Students will learn that eating foods from each food group helps us to stay healthy.

<b>Colorado Content Standards</b>	<b>Application of Standard</b>
<p><b>Science Standard 3:</b> 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"> <li>▪ describe the basic food requirements for humans as summarized in the nutrition pyramid.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ sort a variety of food pictures and foods according to MyPyramid;</li> <li>▪ understand that MyPyramid shows us how to eat a healthy diet.</li> </ul>
<p><b>Literacy Standard 1:</b> Students read and understand a variety of materials.</p> <p>Students will:</p> <ul style="list-style-type: none"> <li>▪ use a variety of strategies to comprehend materials such as directions, nonfiction material, rhymes and poems, and stories.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>▪ use picture cues, context cues and phonemic awareness to read the ingredients for "MyPyramid Snack Mix".</li> </ul>

**Literacy Standard 2:**

Students write and speak for a variety of purposes and audiences.

Students will:

- record information learned.

Students will:

- draw and write about what they learned about MyPyramid.

### MATERIALS, INGREDIENTS and TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> <li>▪ mixing spoon</li> <li>▪ large mixing bowl</li> <li>▪ 2 medium bowls</li> <li>▪ cutting board (teacher only)</li> <li>▪ chef knife (teacher only)</li> <li>▪ portion cups*</li> <li>▪ napkins*</li>   <li>▪ 6 string cheese sticks</li> <li>▪ 16 oz. sunflower seeds, shelled</li> <li>▪ 10 oz. toasted oats cereal</li> <li>▪ 12 oz. raisins</li> <li>▪ 1 lb. baby carrots</li> </ul>	<ul style="list-style-type: none"> <li>▪ MyPyramid poster</li> <li>▪ recipe copies*</li> <li>▪ activity sheet (s) copies*</li> <li>▪ transparencies (optional)</li> <li>▪ 1 copy of food group labels (teacher only)</li> <li>▪ masking tape or yarn</li> <li>▪ 1 bag of 30 food pictures</li> <li>▪ <b>Note:</b> Activity sheet #2 is optional.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Unwrap the cheese sticks, cut each of them into 5 pieces, (or enough for each student to have one piece) and put them in a bowl.</li> <li>▪ Put carrots in a separate bowl. <b>Important:</b> The cheese and carrots will be kept separate from the snack mix to ensure each student gets one of each food item.</li> <li>▪ Have oat cereal, sunflower seeds and raisins ready to mix together in the large mixing bowl.</li> </ul>

\*one per student

### SET-UP

**Work area:**

- For MyPyramid Food Picture Sorting Activity, clear a very large space on the floor (at least 6' x 6', larger if possible) to make an outline of MyPyramid. Students will sit around this.
- For MyPyramid Snack Activity, the students will sit at their own seats.
- Have nutrition table ready for lesson ingredients and materials.

**See *General Nutrition* document for help in teaching this lesson.**

## INTRODUCTION WITH STUDENTS

- **“Do you know why we need food?”**  
Accept all answers; reinforce those that include words such as growing, healthy and strong.  
**“Do you know what kinds of foods we need?”** Again, accept all answers.
- **“We have a picture that shows what foods our body needs to grow and be strong and healthy. It’s called MyPyramid. Does anyone know what a pyramid is? It’s a structure that is triangle shaped.”**
- Show students the MyPyramid poster.  
**“All of the healthy foods are divided into food groups.”**  
Point to the Grains group  
**“The name of this group is the Grains group. What color is this group?”** (orange). **“What foods do you see in this part of MyPyramid?”**  
Give the class about 10 seconds to share with a neighbor what they see in the picture. Then ask the class to be quiet while you reiterate some of the food names that you overheard. Repeat the same process with the other food groups, leaving out the oils section. This activity will allow students to verbalize all of the different foods that go in each food group.  
If students ask where food items such as candy and soda fit in MyPyramid, explain that MyPyramid shows foods that fit into a healthy diet and that should be eaten every day. Candy and sodas aren’t necessary for a daily healthy diet.

**Tip:** Refer to the *Food Group Information* document.

**Important:** Point out that, in addition to what foods we need to eat, MyPyramid also shows us that we need to be active. The person on the stairs reminds us that we need to be active each day for good health.

- **“We are going to make a large MyPyramid on the floor and sort food pictures into the groups of our pyramid. Then, we are going to make a snack with foods from each of the five food groups.”**

## PROCESS

- Step 1: **“We are going to make our own MyPyramid on the floor. What shape is MyPyramid? How many points/sides does a triangle have? Have three student volunteers stand at each of the three points in a triangle formation. Put tape or yarn on the floor from one student to another to form a triangle shape. “How is MyPyramid divided into groups?”** Make the 5 divisions with the tape or yarn, leaving out the oil section and the stairs. Place the name labels for each of the 5 food groups in the correct sections of the pyramid.

- Step 2: Have the students sit on the floor around MyPyramid so they can all see each other. Give a food picture to each student. If there are any pictures remaining in the bag, keep them out to model how to place cards in MyPyramid. Have each student work with his/her neighbor, say the name of their food to their neighbor, and discuss where the food goes in the pyramid. If a student does not know the name of their food, say it for them.
- Step 3: Using the leftover food pictures, model how to place a card in the correct food group. Explain how you know it goes in that group. **“How do you know where your food picture belongs?”** Allow students to place their cards where they think they go. Don't comment yet on the placement of the cards. If a student is unsure where his/her food picture goes, ask the class for assistance. Ask the class if they agree with the placement of all of the cards. If a student disagrees with a food's placement, ask him/her why. Make all necessary corrections. **Note:** Help students say the name of each food as students place their food pictures. For students who are learning a second language this step is very important. In addition, some students may not know the vocabulary for all of these foods in their own native language.
- Step 4: Have the students wash their hands with soap and warm water.
- Step 5: Give each student a MyPyramid activity sheet #1.
- Step 6: Read the list of foods on the side of the MyPyramid activity sheet. As you read each food, ask the students where the food belongs in the pyramid.
- Step 7: Make the snack mix. Show each food as you put it into the large mixing bowl. Start with the oat cereal (Grains group), next the raisins (Fruit group) and lastly the sunflower seeds (Meat and Beans group). Mix the three foods together. Show the students the side bowl of cheese (Milk group) and the side bowl of carrots (Vegetable group). Have students name each food and say where it belongs in the pyramid.
- Step 8: Explain to students that when they receive their portion of the snack, they are going to sort out the different foods into the food groups on their paper. Hold up a copy of the MyPyramid activity sheet and show students how to place the food in the food group. For example, take a piece of cereal and hold it in the Grains group of the activity sheet. Then show students how you would draw that food and label it on the paper.  
**Tip:** Use a transparency and overhead projector. Demonstrate how you can use different spelling strategies to spell the word, or how to copy the word from the food list.  
**Important:** You may need to clarify that although the students will sort all of the food items onto their paper, they only have to draw one example of each

food.

**Suggestion:** If there is time, students could also count the number of each food item and write the number in each food group section.

- Step 9: Have the students get a cup of snack mix. Put one piece of cheese and a couple of carrots on top of each cup of snack mix to ensure that each student gets some of every food item. Have them start sorting after they get their snack mix.
- Step 10: When the students have finished their sorting activity, have them eat and enjoy their pyramid snack! If time permits, have students complete MyPyramid activity sheet #2.
- Step 11: Pass out the recipe for MyPyramid Snack for students to take home and share with their family.

### **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 made an easy snack with foods from each food group. Ask students to name some other foods that could go in our snack mix (broccoli, celery, other nuts, other fruits, etc.).
- 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 lowfat milk products and some foods that we should eat less of like soda, chips and candies.

(For Teacher Only)

**Vegetables**

**Fruits**

**Grains**

**Meat &  
Beans**

**Milk**

For Teacher Only

**Verduras**

**Frutas**

**Granos**

**Carne &  
Frijoles**

**Leche**

## MyPyramid Snack (K-1<sup>st</sup> Grade)

Ingredients:

Yield: 1 serving



sunflower seeds - 2 tablespoons



raisins - 2 tablespoons



cereal - 1/4 cup



string cheese



carrots

Directions:

1. Mix the cereal, sunflower seeds, and raisins in a bowl to make snack mix.
2. Serve the string cheese and carrots on the side with the snack mix to make this a complete MyPyramid snack.
3. Eat and enjoy the healthy foods from the 5 different food groups.

**Try this MyPyramid snack at home!**

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.

## Bocadillo de MiPirámide (K-1<sup>er</sup> Grado)

Ingredientes:

Para: 1 porción



Semillas de girasol - 2 cucharadas



pasas - 2 cucharadas



cereal - 1/4 copa



queso



zanahorias

Direcciones:

1. Mezcle el cereal, las semillas de girasol, y las pasas en un recipiente para hacer una mezcla de bocadillos.
2. Sirva el queso y las zanahorias al lado, junto con la mezcla de bocadillos para hacer un bocadillo completo de MiPirámide.
3. Coma y disfrute los alimentos saludables de los 5 diferentes grupos de alimentos.

### ¡Trate este bocadillo de MiPirámide en casa!

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.

# MyPyramid #1 (K-1<sup>st</sup> Grade)



**MyPyramid**  
STEPS TO A HEALTHIER YOU  
[MyPyramid.gov](http://MyPyramid.gov)






**cheese**

**sunflower  
seeds**

**carrots**

**raisins**

**cereal**

<b>GRAINS</b> Make half your grains whole	<b>VEGETABLES</b> Vary your veggies	<b>FRUITS</b> Focus on fruits	<b>MILK</b> Get your calcium-rich foods	<b>MEAT &amp; BEANS</b> Go lean with protein
				

# MiPirámide #1 (K-1<sup>st</sup> Grade)



**MiPirámide**  
PASOS HACIA UNA MEJOR SALUD  
MyPyramid.gov

**queso**

**semillas de girasol**

**zanahorias**

**pasas**

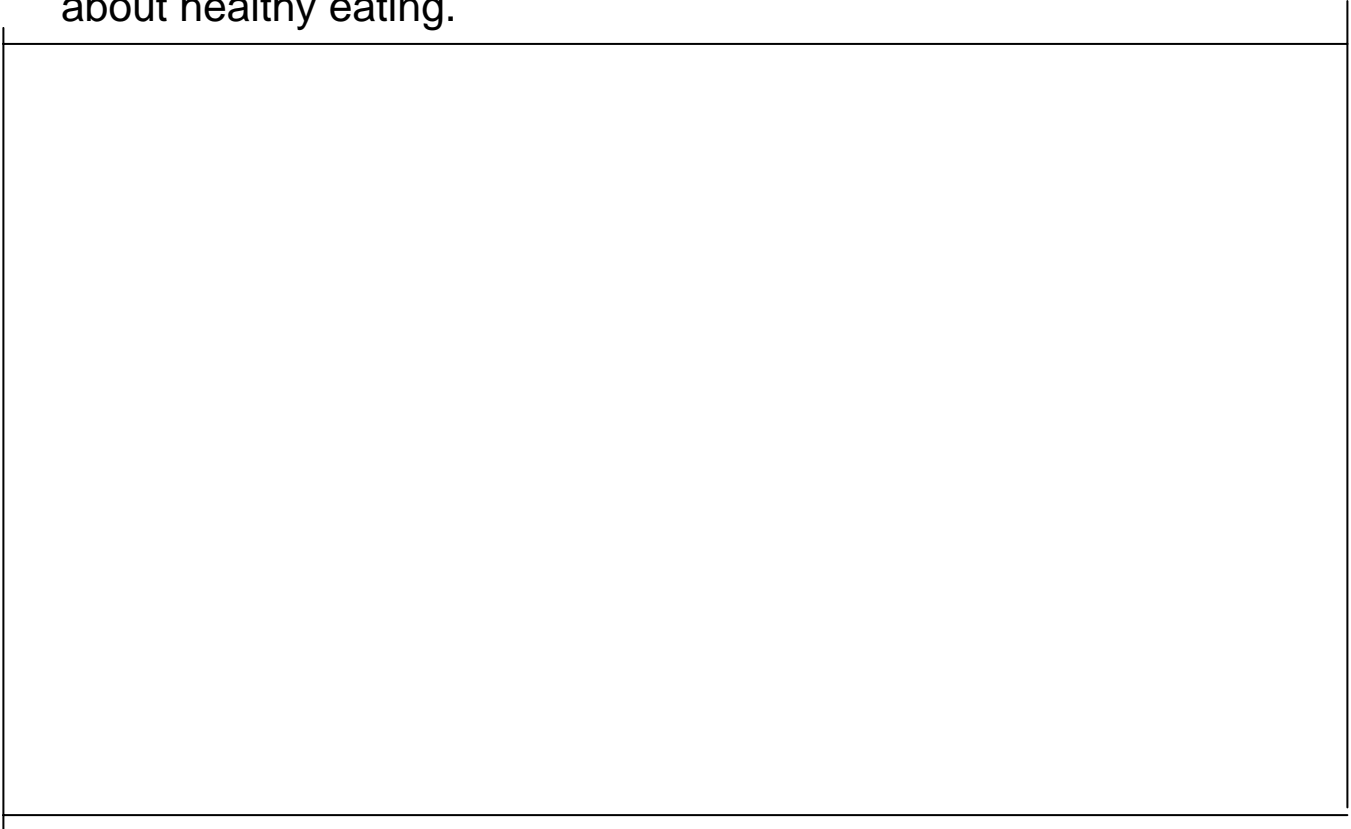
**cereal**

<b>GRANOS</b> Consuma la mitad en granos integrales	<b>VERDURAS</b> Varie las verduras	<b>FRUTAS</b> Enfoque en las frutas	<b>PRODUCTOS LACTEOS</b> Coma alimentos ricos en calcio	<b>CARNES Y FRIJOLES</b> Escoja proteínas bajas en grasas
				

## MyPyramid #2 (K-1<sup>st</sup> Grade)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Draw a picture and write about what you learned. Today I learned about healthy eating.



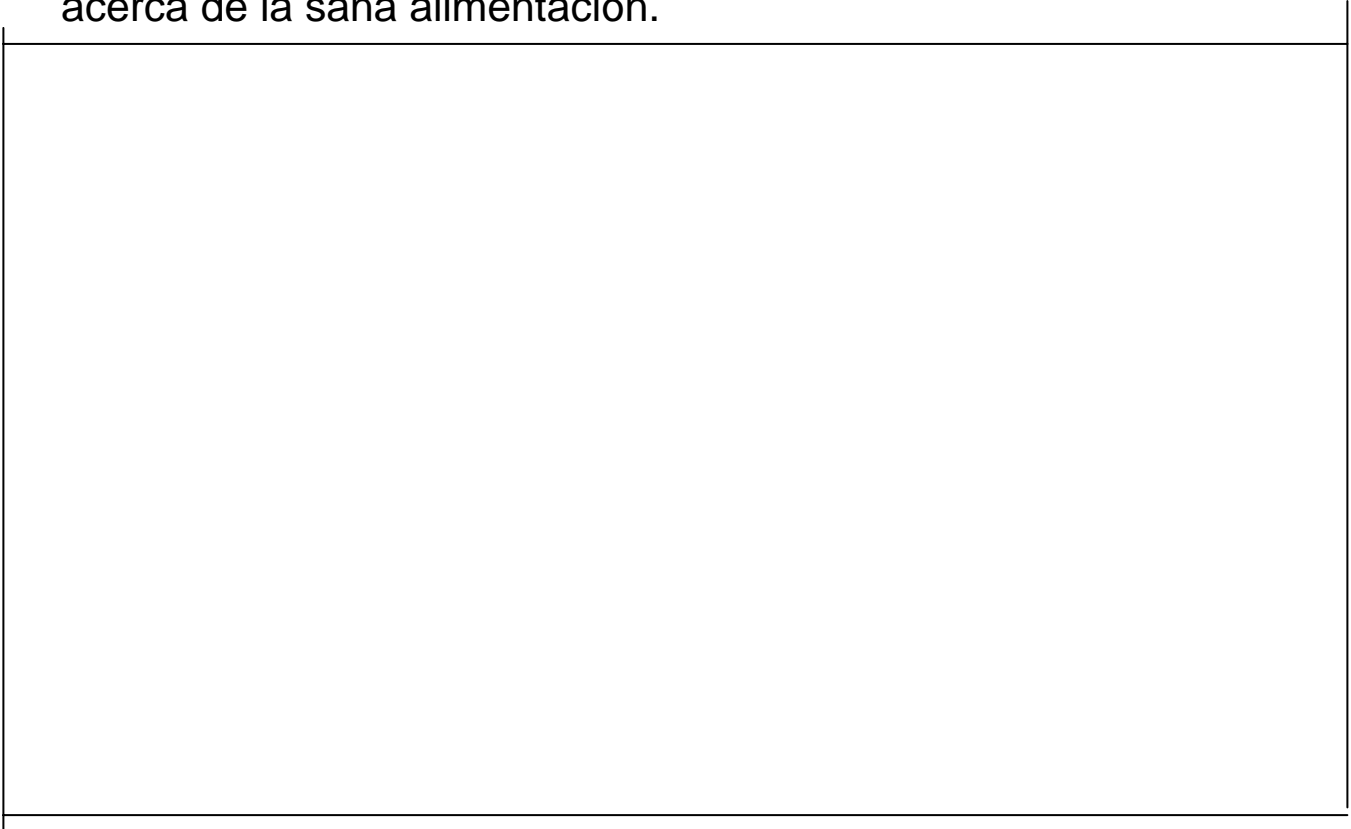
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## MiPirámide #2 (K-1<sup>er</sup> Grado)

Nombre: \_\_\_\_\_ Fecha: \_\_\_\_\_

Haz un dibujo y escribe algo de lo que aprendiste. Hoy aprendí acerca de la sana alimentación.



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