



---

# My Pyramid

---

## OVERVIEW

This program will teach children in grades K-2 about the different food groups and what the benefit of eating a variety of food groups. This will be done through discussion using the “My Pyramid” concept, handouts, songs and an art activity. Students will be given the chance to reflect on what they learned and encouragement to incorporate their knowledge into daily life.

**GRADE LEVEL:** K, 1, 2

**SUBJECT AREAS:** Fine Arts, Health

\* See end of outline for complete list of DOE Content Standards and Benchmarks.

## OBJECTIVES:

1. Students will be able to identify healthy food choices and the Food Pyramid Groups.
2. Students will demonstrate their ability to create a healthy meal or snack to promote healthy choices in the future.

**ESTIMATED TIME:** 45 minutes to 1 hour

## MATERIALS NEEDED

1. Handouts: Song Lyrics, My Pyramid coloring page (black and white), Evaluation, Color version of My Pyramid poster
2. Supplies: crayons
3. Food: Munchy Mix (mix together the following: Cereal & pretzels (grain group), raisins (fruit group), peanuts (meat and bean group)) & water
4. Other: small plastic bags for munchy mix, small cups for water

## EVALUATION

1. Are students able to identify the five food groups? Students will be able to identify what group a particular food belongs in
2. Are students able to describe the benefits of certain food groups? Students will be able to state why certain foods are beneficial.

**LESSON OUTLINE:****I. Welcome and Introduction:**

- 1) Begin with questions to test the students and get a feel for what they already know.
  - Question: Are you bigger than you were when you were a baby? Do you want to grow to be strong and tall? What do you think makes you able to grow?
  - Question: Who knows why it is important to eat healthy foods?
  - Question: Can anyone give me an example of what a healthy snack is?
  - Question: Why did I choose to eat an apple instead of an French fries?
- 2) Transition question
  - Question: Has anyone heard of the food pyramid or the different food groups? [Answer: Well, today we are going to learn about the different food groups and some healthy foods that you can eat all the time.]

**II. Discussion & Activity**

- 1) Put Up My Pyramid Poster in a place that is easy for all students to see it.
- 2) Hand out My Pyramid Coloring Page to each student
- 3) Hand out crayons or instruct children to get their crayons out
- 4) Discussion
  - Question: What is the Food Guide Pyramid? [Answer: A guide for what types of food we should eat each day.]
  - Question: How many groups are in the pyramid? [Answer: Six groups]
- 5) Identify healthy foods from each group
  - Question: Can anyone name a healthy food from the grain group? (Students can look at the pictures on the poster for ideas or help)  
Explain Grain Group: Energy Foods - give you the energy to move.  
Instruct kids to color orange for grain group
  - Repeat for Vegetable Group. Explain Vegetable Group: Protective Foods- protect against illness. Instruct kids to color green for vegetable group
  - Repeat for Fruit Group. Explain Fruit Group: Protective foods- protect against illness. Instruct kids to color red for fruit group
  - Explain the oils and fats group (represented by a very skinny, small sliver milk and meat group slices). To be eaten very sparingly. Color this slice yellow.
  - Introduce Milk Group. Explain Milk Group: Strong Bones, Hair and Skin. Instruct kids to color blue for milk group
  - Repeat for Meat & Bean Group. Explain Meat and Bean Group: Protein Foods- gives you strong muscles. Instruct kids to color purple for meat group.
- 6) Physical Activity
  - Point out that the stairs on the side of the pyramid represent physical activity. It is important for your health to be physically active.  
Question: Ask each student what his or her favorite sport or activity is.

**III. Snacks and Song (if time permits)**

- 1) Pass out munchie mix. Have students identify the food groups in each bag [Cereal (grains), Raisins (Fruit), Peanuts (Meat and Beans)]. Ask students what other items they might add to mix.
- 2) Pass out song lyrics (Sung to the tune of "Twinkle, Twinkle Little Star")
 

Five Food Groups for you and me  
 Eat a wide variety  
 Get the energy to play  
 Stay alert throughout the day  
 Five Food Groups for you and me  
 They will help us be healthy  
 Five Food Groups for you and me  
 Eat a wide variety

**IV. Assessment and Evaluation**

- 1) Assessment: Encourage students to raise their hand and share.
  - o What is your favorite food and what group does it go in?
  - o What do fruits and vegetables do for us? [protect us from sickness] (repeat for each group)
  - o What was one thing you learned today?
- 2) Evaluation ~ Written (optional): Pass out written evaluation for students to complete.

**DOE Standards****FINE ARTS**

Standard 1: VISUAL ARTS: Understand and apply art materials, techniques, and processes in the creation of works of art and understand how the visual arts communicate a variety of ideas, feelings, and experiences

Standard 2: MUSIC: Understand and apply elements of music and understand how music communicates ideas, feelings, and experiences across cultures

**HEALTH**

Standard 1: CORE CONCEPTS: Understand concepts related to health promotion and disease prevention

Standard 6: DECISION: MAKING AND GOAL: SETTING: Use decision: making and goal: setting skills to enhance health

Standard 7: ADVOCACY: Advocate for personal, family, and community health

**DOE Benchmarks**

K-2.1.3- Describe the benefits associated with a healthy diet

K-2.1.5- Describe how individuals can promote and protect their own health