

# Understanding MyPyramid

## Utah Health Education



### Materials

- ◆ MyPyramid Table Tent
- ◆ Glue or Gluesticks
- ◆ Crayons or Colored Pencils
- ◆ Scissors
- ◆ Grocery Store Ads
- ◆ Shopping List (created by teacher)
- ◆ *Healthy Choices* worksheets

### Background

Remember the five basic food groups? Recently the USDA updated the Food Guide Pyramid. The five food groups, as well as fats and oils, are represented by a rainbow of vertical stripes. Foods on the wide band at the bottom of the pyramid are the foods that should form the foundation of our diet. Foods with added fats and sugar should be eaten only occasionally. The bands are wider at the bottom and get thinner as they move toward the top. That's because foods within a single food group, like fruits, are better choices than others. For example, apple pie would be placed in the narrow part, toward the top of the pyramid, because it has a lot of added sugar and fat. An apple would be placed in the wide part, at the bottom, because apples are part of a healthy diet.

The new MyPyramid suggests the number of servings per day that should be consumed from each group to keep our bodies healthy. MyPyramid helps us choose a healthy diet so our bodies grow healthy and strong. No one of these foods is more important than another. Each kind of food provides some of, but not all, the nutrients your body needs. For that reason it is difficult for foods in one group to replace foods in another group. The staircase on the side of the pyramid means that you need to exercise and be active!

### Activity Procedures

#### Activity 1

1. Review MyPyramid with students and discuss the role of nutrition in growth and development.
2. Provide each student with materials: crayons, scissors, glue and a copy of "MyPyramid Table Tent."
3. Ask students to create their own 3-D replica of "My Pyramid" by following directions found on the "MyPyramid Table Tent" handout.
4. Discuss the importance of balance in a diet and making healthy choices.

#### Activity 2

1. Identify serving sizes of various foods in each food group. (An excellent resource for providing a visual representation of serving sizes is the package of "Food Models" found at [www.agclassroom.org/ut](http://www.agclassroom.org/ut). Click on "Order Materials" and type in "Food Models" in the Search box.)

**Time:** 2 hours

**Grade Levels:** 2-6

### Grade 2 Standard 1

#### Objective 1

Describe, practice, and adopt responsible behaviors for health and safety.

- a. Explain the importance of balance in diet.  
Recognize that food is fuel for the body
- b. and describe the benefits of eating a variety of nutritious foods.

### Grade 3 Health, Standard 6

The students will understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.

#### Objective 1

Compare personal eating habits with a balanced diet.

- b. Determine a balanced diet based on the Food Guide Pyramid.

### Grade 4 Health, Standard 6

The students will understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.

#### Objective 1

Specify key vitamins and minerals and their functions.

- c. Name foods rich in key vitamins and minerals.

#### Objective 2

Determine the relation between food intake and activity.

- b. Estimate the number of calories needed for growth and body function.

*More standards can be found on the next page.*

2. Divide students into small groups. Provide each group of students with grocery store ads and a teacher-created shopping list, based upon items found in the store advertisements.
3. Have students complete activities on the accompanying “Healthy Choices” worksheet. (Younger students may need help in using calculators.)
4. Ask students to create a healthy meal using the foods “purchased” from their shopping list and the new MyPyramid as a guide.

**Additional Activities, What’s Next?**

1. Create a giant pyramid on one of your classroom walls. Ask students to cut out magazine pictures or draw pictures of the foods that belong in each group and then place them on the wall. You may want to attach the actual containers to the appropriate pyramid group.
2. Make a pyramid snack. Have students invent a snack that includes foods from each food group. For example, start with an english muffin half or a firm cracker. Spread the top lightly with peanut butter. Add shredded carrots and chopped apples. Serve with milk.
3. Identify the types of farms and the states where foods in the pyramid come from. Find out how long the crop or animal is grown to create an edible product delivered to your table.

**Answer Key to “Healthy Choices”:** Hamburger servings: bun = 2 servings, 1/2 cup onion & tomato - 1 vegetable serving, 1 oz. cheese = 2/3 milk serving, 3 oz. beef patty = 1 meat serving.

**Grade 5**

**Health, Standard 6**

The students will understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.

Objective 2

Evaluate personal activity level and food intake with the Dietary Guidelines for Americans and plan ways to improve health.

- a. Compare daily food intake and calorie output with Dietary Guidelines for Americans.

**Grade 6**

**Health, Standard 6**

The students will understand how a healthy diet and exercise can increase the likelihood of physical and mental wellness.

Objective 1

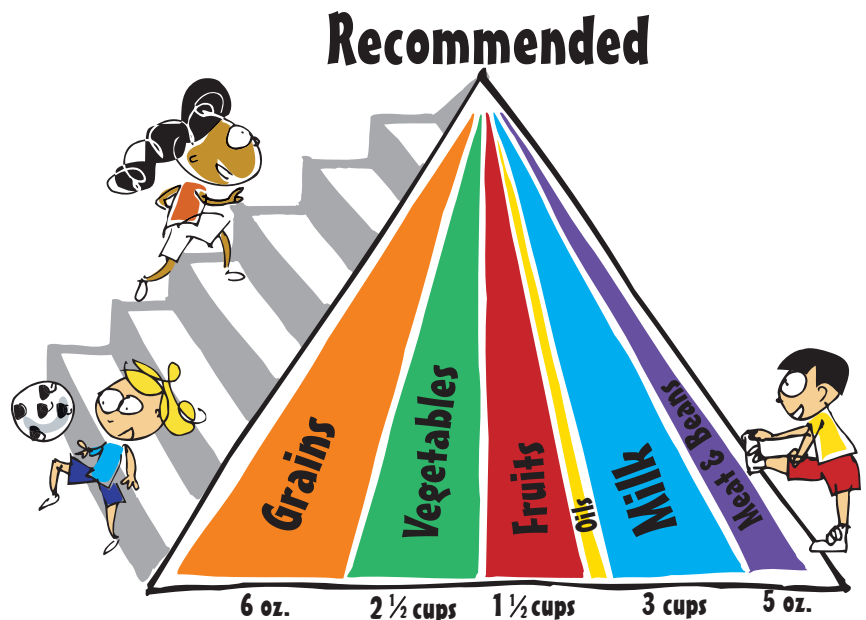
Evaluate food intake and levels of activity.

- b. Modify personal eating and activity plans to promote health and well-being.
- d. Examine how weight can be managed in a healthy manner.

Objective 3

Explain nutritional labeling and identify nutritional content.

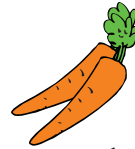
- a. Recognize serving size information.



Name \_\_\_\_\_



# Healthy Choices



Using a grocery ad and a shopping list provided by your teacher, calculate how much money you will need to purchase all the items on the list.

Items	Amount (lbs., quantity, etc.)	Cost per pound or item	Total Cost
<i>Example, Gala Apples</i>	<i>3 lbs.</i>	<i>\$0.79</i>	<i>\$2.37</i>
<b>Grocery List Total</b>			

## What counts as 1 serving?

### Grains Group

- 1 slice of bread
- 1/2 cup rice or pasta
- 1/2 cup cooked cereal
- 1 oz. cold cereal (1/4 cup to 1-1/4 cups, check your favorite cereal to see how many cups = 1 oz.)

### Vegetable Group

- 1/2 cup cooked vegetables or chopped raw vegetables
- 1 cup leafy raw vegetables

### Fruit Group

- 1 piece fresh fruit (orange, apple, etc.)
- 3/4 cup fruit juice
- 1/4 cup dried fruit

### Milk Group

- 1 cup milk or yogurt
- 1-1/2 oz. cheese

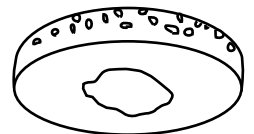
### Meat/Beans Group

- 2-1/2 to 3 oz. cooked lean meat, poultry, or fish (about the size of a deck of cards)
- 1/2 cup cooked beans
- 1 egg
- 2 Tablespoons peanut butter

## How many servings of each food group does this hamburger have?

(Hint: 1/2 a bun = 1 slice)

\_\_\_\_\_ top bun



\_\_\_\_\_ 1/2 cup onion/tomato



\_\_\_\_\_ 1 oz. cheese



\_\_\_\_\_ 3 oz. beef patty



\_\_\_\_\_ bottom bun

