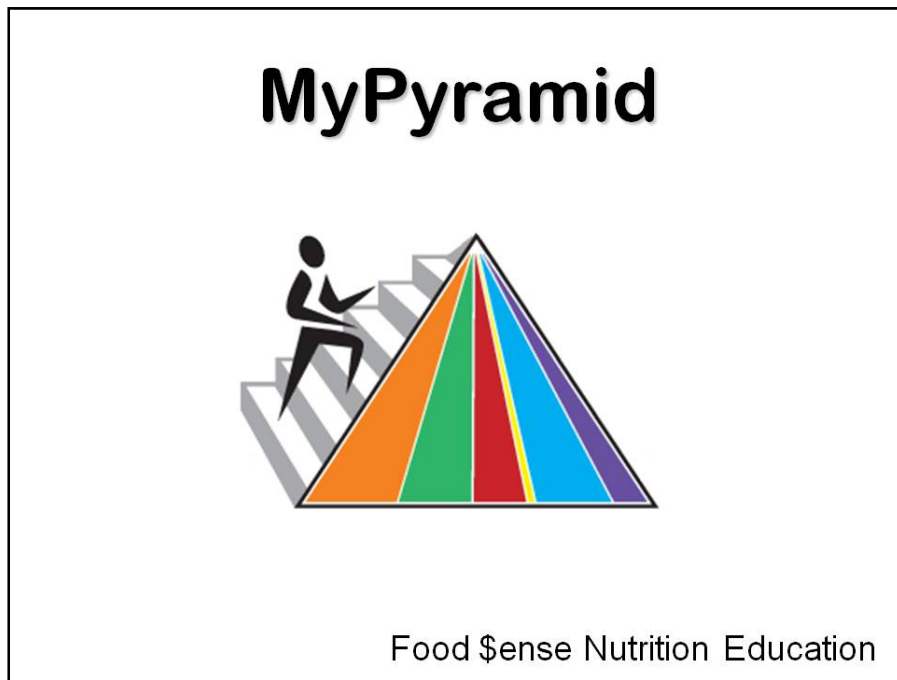


Slide 1

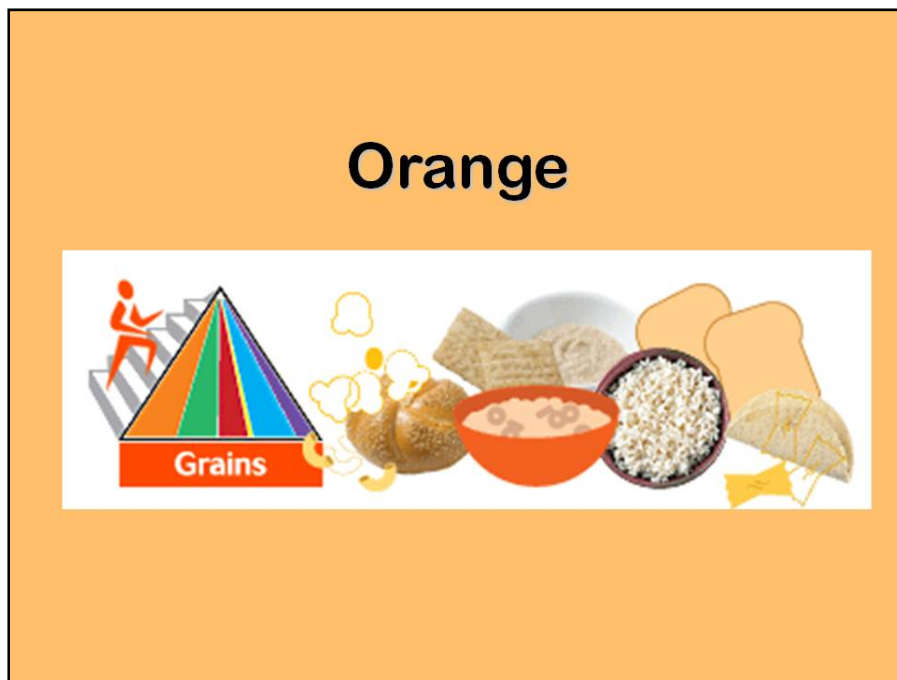


Eating good food helps us feel happy and gives us energy to work and play.
Eating healthy foods also helps us from gaining too much weight.

- What are some examples of different foods that can help keep our body healthy?

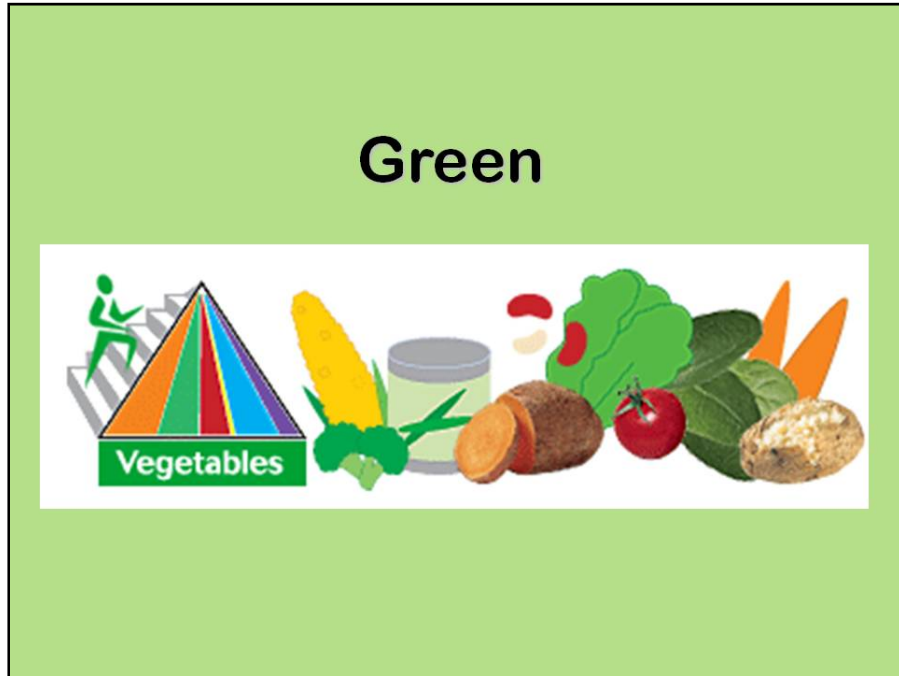
The MyPyramid food guide helps us select healthy foods to eat.

Slide 2



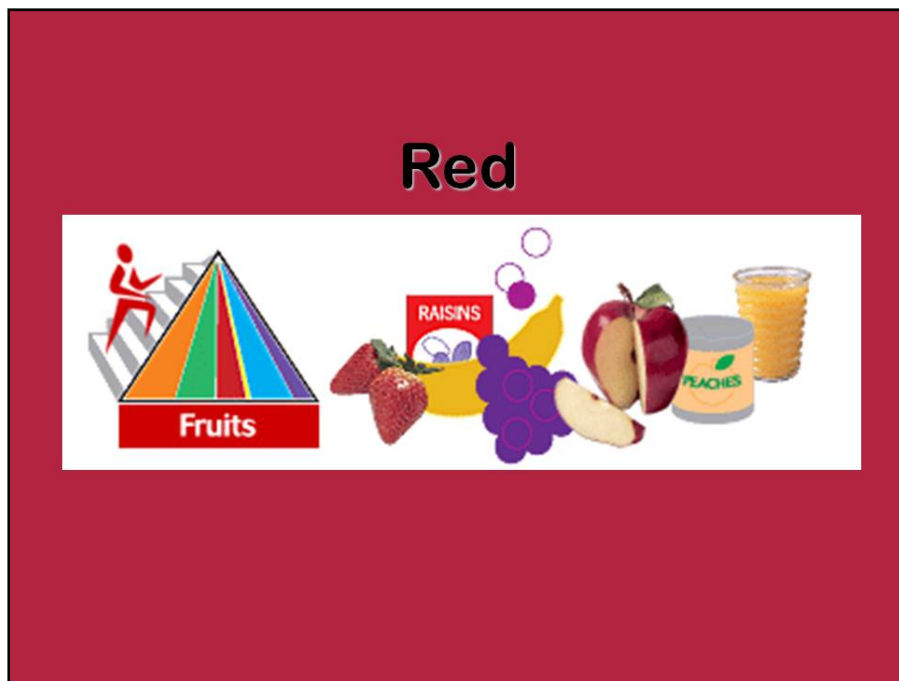
Orange is for the grain group

Slide 3



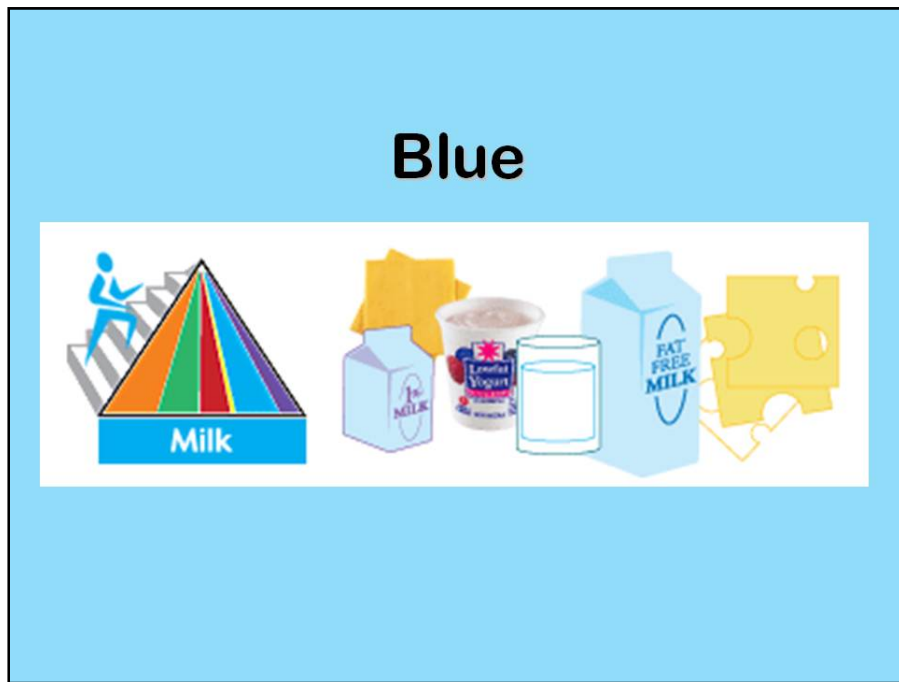
Green is for the vegetable group

Slide 4



Red is for the fruit group

Slide 5



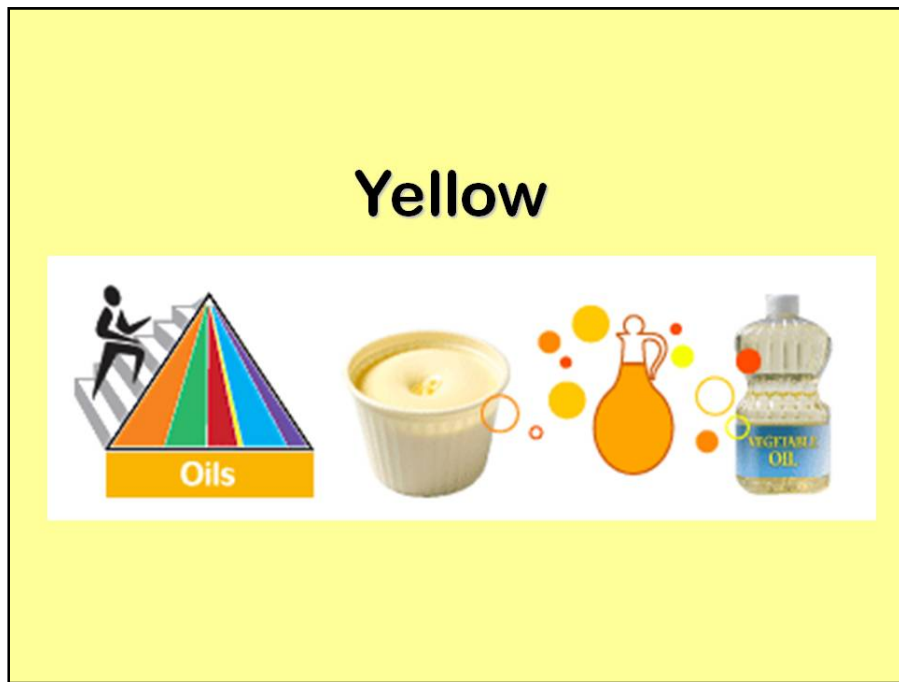
Blue is for the milk group

Slide 6



Purple is for the meat and beans group

Slide 7



Yellow is for the fats and oils group

Slide 8



Whole grains are foods like wheat bread, pasta, oatmeal, and breakfast cereal.

Whole grains are good for your body.

Whole grains can help you keep from getting diseases like heart disease.

Whole grains will help give you energy so you can do things like run, swim, and ride your bike.

A good way to tell if a food is whole grain is to look for the word "whole grain" on the label. Whole grain foods are often brown like bread, pasta, and tortillas.

- What foods do you like from the grain group?

Slide 9



The vegetable group includes fresh, frozen and canned vegetables and vegetable juices.

- Can you name some vegetables you like to eat?

Vegetables are very good for your body and can help keep your body healthy.

Try to eat vegetables with your lunch, dinner, and snacks.

Slide 10



The Fruit Group includes fresh, frozen, canned and dried fruit and fruit juices.

Eat many different kinds of fruits.

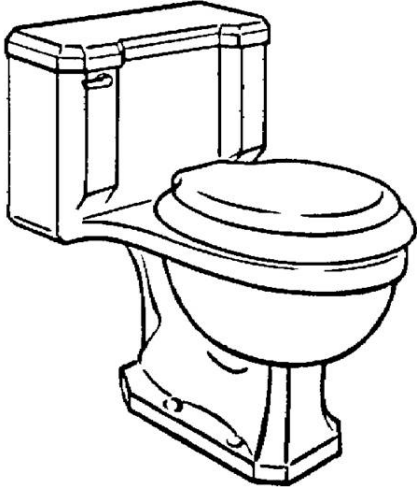
- Can you name some fruits from the picture? (grapes, pears, cherries, peaches, oranges)

Fruit is very good for your body and can help your body get better when you are sick.

Eating a whole piece of fruit like an apple or an orange is better for you than just drinking apple juice or orange juice, so try to eat whole pieces of fruit instead of just juice.

Fiber

- Grains
- Fruits
- Vegetables



Grains, fruits, and vegetables are all high in fiber
Fiber will help food move through your body so you can go to the bathroom easier.

Milk Group



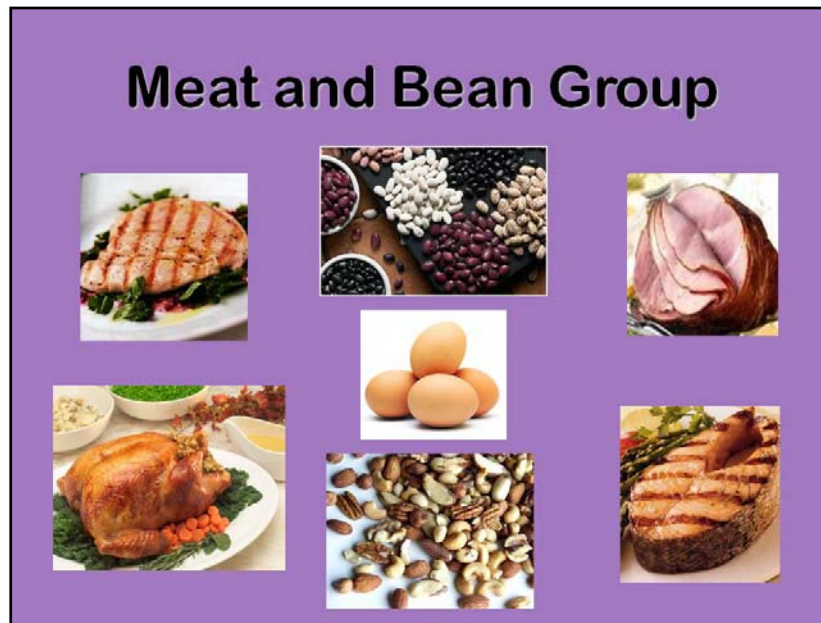
The Milk Group includes milk and things made from milk, like yogurt and cheese.

Raise your hand if you like milk. Raise your hand if you like cheese. Raise your hand if you like yogurt.

You should try to drink 3 cups of milk or 3 milk group foods each day to keep your bones and teeth strong. You could add milk to your cereal, or drink it with your lunch or dinner. You could eat some yogurt before you go to bed at night.

You should choose low-fat or fat-free milk group foods because some milk group foods can have a lot of fat that isn't good for your body.

If you can't drink milk or eat milk products, you can choose lactose free milk products to get calcium to make your bones strong.



The Meat and Bean Group includes meat, fish, eggs and nuts. Beans are also in the meat and bean group.

- What kinds of meat do you like to eat?

Foods in the meat and bean group can help you have strong muscles and keep you healthy.

Fish is very healthy for your body so you should eat fish about twice a week. Does anybody like to eat tuna fish sandwiches? We should eat lean meats. Choose meats that don't have a lot of fat on them and aren't cooked with a lot of fat (fried meat: fried chicken)



Some oils and fats are good for your body. Vegetable oils like canola, olive, peanut, corn and safflower are good choices. Fish and nut oils are also good for us.

Some oils and fat aren't very good for your body. Some of these fats that aren't very good for your body are lard, butter, stick margarine and shortening. Some oils that aren't very good for your body are coconut oil and palm oil. We should eat less of these kinds of fats.

Some other foods that have oils are mayonnaise, salad dressings, and soft-spread margarine.

You should try not to eat very much fat and oil because it can make you gain weight and get heart disease.

You should choose low-fat and fat-free foods.



Exercise is very good for your body, it keeps your heart and muscles healthy.

- What are some fun ways to exercise?
 - Running
 - Playing tag
 - Riding a bike

You should exercise most days of the week for 30 to 60 minutes.

MyPyramid Activity

Have participants take five nutrition food cards with different foods on each card. Go around the circle and have each person identify whether his/her card is a fruit, vegetable, bread, grain, meat, dairy product, or fat. Place that nutrition food card in the corresponding folder/envelope.

Ask if the food is a healthy choice.

Also, ask each person whether he/she likes that particular item of food.

Nutrition Cards:

Note: You can make your own nutrition cards.

1. You may include participants in the process of making the nutrition cards
2. Collect old food magazines or advertisements from grocery stores. Cut out foods from the different food groups. Glue to index cards. (You will also use these cards in another activity)
3. Sort foods – Put pictures of each of the foods in folders/envelopes.

Fats, Oils, and Sweets

Milk and Dairy Group

Meat and Beans Group

Fruit Group

Vegetable Group

Grain Group