

Food, Fitness & Fun!

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MyPyramid

Activity Plan:

MyPyramid

National Health Education Standard:

Children will comprehend concepts related to health promotion and disease prevention to enhance health.

Objective:

Children will begin to recognize the MyPyramid and the food groups that it represents.

Conversation Starter: Learning About the MyPyramid

Materials:

MyPyramid Poster (located in the back of this book)

Show the MyPyramid Poster and ask the children to name the shape they see on the poster. Explain that the MyPyramid is a picture that reminds us that we should eat healthy foods and exercise each day.

Ask children to share other things they notice about the MyPyramid. The children may notice:

There are steps on the side of the MyPyramid.

There is a child walking up the steps.

There are different colors on the MyPyramid.

There are pictures of food on the MyPyramid.

Point to each section of the MyPyramid and invite the children to name the colors.

Discuss the size of each section. Are the sections the same size or are they different? Help children realize that each colored section of the MyPyramid is a different size. Explain that the size of the section helps us to see which food groups we should eat more of and which ones we should eat less of. For example, the orange section is very large, which means we should eat more grains than anything else.

Follow-up Activity: MyPyramid Home Learning Activity

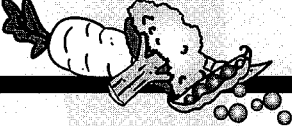
Materials:

MyPyramid Home Learning Activity page (p. 27), one copy for each child

Send home a copy of the *MyPyramid* Home Learning Activity with each child to reinforce learning at home. The Home Learning Activity is not intended as classroom work.

Healthy Foods

MyPyramid



SCIENCE:
Tasting Apples

SUPPORT ACTIVITIES FOR THE ACTIVITY PLAN:
MyPyramid

Set up a tasting center with several different types and colors of apples. With small groups of children, encourage them to taste and compare the apples' textures, tastes, smells, and colors. Ask them to decide their favorite type of apples. Print the children's choices on a sheet of chart paper titled "Our Favorite Apples."

ART:
Making Healthy Food Tiles

Encourage children to decorate a variety of plain ceramic tiles with drawings of their favorite foods using permanent, non-toxic markers. Glue cork circles on the undersides of the tiles to prevent table scratches. The tiles can be used as coasters or as decorative items.

- Hints:**
1. Permanent markers stain, so cover work surfaces with newspaper and wear paint smocks to protect clothing.
 2. Ask parents, building contractors, tile shops, and home improvement stores for free, leftover tiles or tiles that are slightly damaged for this project.





DRAMATIC PLAY:
The Magic Wand

Gather a small group of children together and tell them that they are going to be playing The Magic Wand game. Explain that when you wave the magic wand, you will ask the children to pretend to be something other than themselves. When you clap your hands, they should stop pretending and be themselves again. Some pretending ideas include: babies, growing seeds, apples falling from a tree, runners, and swimmers. Each time relate the activity to the importance of nutritious food and proper exercise.

MATH:
Our Favorite Healthy Foods

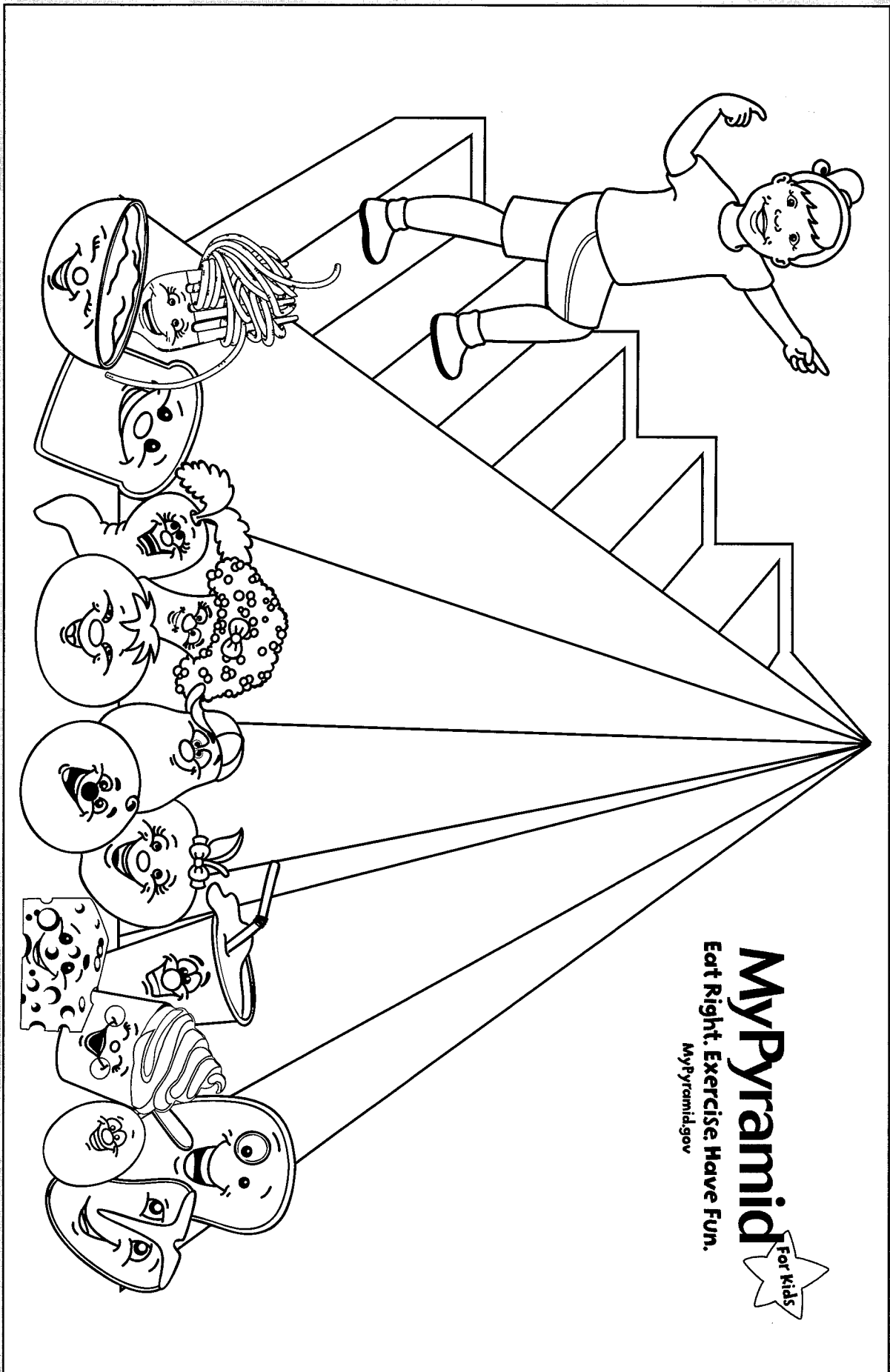
Use a pocket chart or chart paper to graph children's favorite healthy foods.

After the graph is complete, have children compare the columns to see which food the class likes the least and which food the class likes the most.

			
Thomas	Juanita	Shantell	Mika
Simon	Clara		Jose
Michelle	Sylvester		Clarence
Chloe	Sam		
	Desmond		

MyPyramid Home Learning Activity

Directions: Color the sections on the MyPyramid. Color the Grains Group orange, Vegetables Group green, Fruit Group red, Milk Group blue, Meat and Beans Group purple, and Fats and Oils Group yellow.



Parents /Caregivers: Use the MyPyramid picture to reinforce the concepts your child is learning in school. Post it on your refrigerator to remind your family about eating healthy foods and getting plenty of exercise.