

# Food Pyramid Lesson Plan



**Goal:** To utilize the MyPyramid Symbol and Food Guidance System in an interactive and playful way that makes learning about healthy food choices and physical activity interesting.

## Objectives:

- 1) The student will become familiar with the MyPyramid Symbol and Food Guidance System.
- 2) The student will be able to identify five major food groups and the "oils and fats" category.
- 3) The student will be able to categorize 95 foods within the five major food groups and "oils and fats" category.
- 4) The student will be able to locate the "physical and other activity" category located on the left side of the pyramid.
- 5) The student will be able to name 20 physical or other activities.
- 6) The student will be able to indicate the recommended portion sizes for 80 foods within the five major food groups.
- 7) The student will be able to identify monounsaturated, polyunsaturated, and saturated fats within the "oils and fats" category.
- 8) The student will be able to name 20 whole grains.
- 9) The student will be able to indicate amounts of food needed daily from each food group based on a 2,000 calorie reference range.

## Materials

- 1) MyPyramid bingo game
- 2) Appropriate number of MyPyramid checking charts
- 3) Journals for each student if they don't already have one, or have them use a note book.

### **Day One**

20 minutes- Divide class into six groups. Each group will have a food group, with one group having the physical activity. Students will have a journal for this activity. Each group will study their perspective food group for twenty minutes. After twenty minutes students will return to their desks and try to remember as many items in their food group and list them in their journal. What they do not remember they will study for homework with the goal of remembering 95% of them.

20 minutes- Food Pyramid Bingo: This activity is designed to foster re-enforcement of the foods within the five food groups and the physical activity.

### **Day Two**

10 minutes- quiz on perspective food groups. Each group will have a quiz based on their previously assigned food group.

20 minutes- groups will rotate around the room and repeat the previous day's assignment using a different food group. Important to continue the use of journals and study as homework what is not remembered.

10 minutes- Act it out activity-Students will be given a physical activity and they come to the front of the room and act out that activity to see the students guess what activity is being demonstrated.

### **Day Three**

10 minutes- Quiz on previous day food group

20 minutes- class will rotate and continue the group exercise study for their new food group. Journals and homework study still apply.

10 minutes- One game of My Pyramid Bingo

### **Day Four**

10 minutes- quiz on the previous day food group

20 minutes- class rotation on new food group or physical activity

10 minutes- Act it Out activity on physical activities not yet covered.

### **Day Five**

10 minutes-quiz on previous day food group study

20 minutes- class rotates for the fifth time. Continue journals and home work study of weak areas

10 minutes- One game of My Pyramid Bingo

### **Day Six**

10 minutes- quiz on the previous day food group

20 minutes- final rotation in the My Pyramid categories

10 minutes- One game of My Pyramid Bingo

**Day Seven**

10 minutes- quiz on the previous day food group

30 minutes- My pyramid bingo with candy prizes

**Day Eight**

40 minutes- put a food pyramid chart on the black board. Students with the raising of their hands will call out answers in order to fill in the chart. You can divide the class into two or four teams and keep a running score with prizes going to the winning team such as healthy treats or whatever the teacher thinks best. This is designed as a review for the exam on day nine.

**Day Nine**

40 minutes- MyPyramid Exam