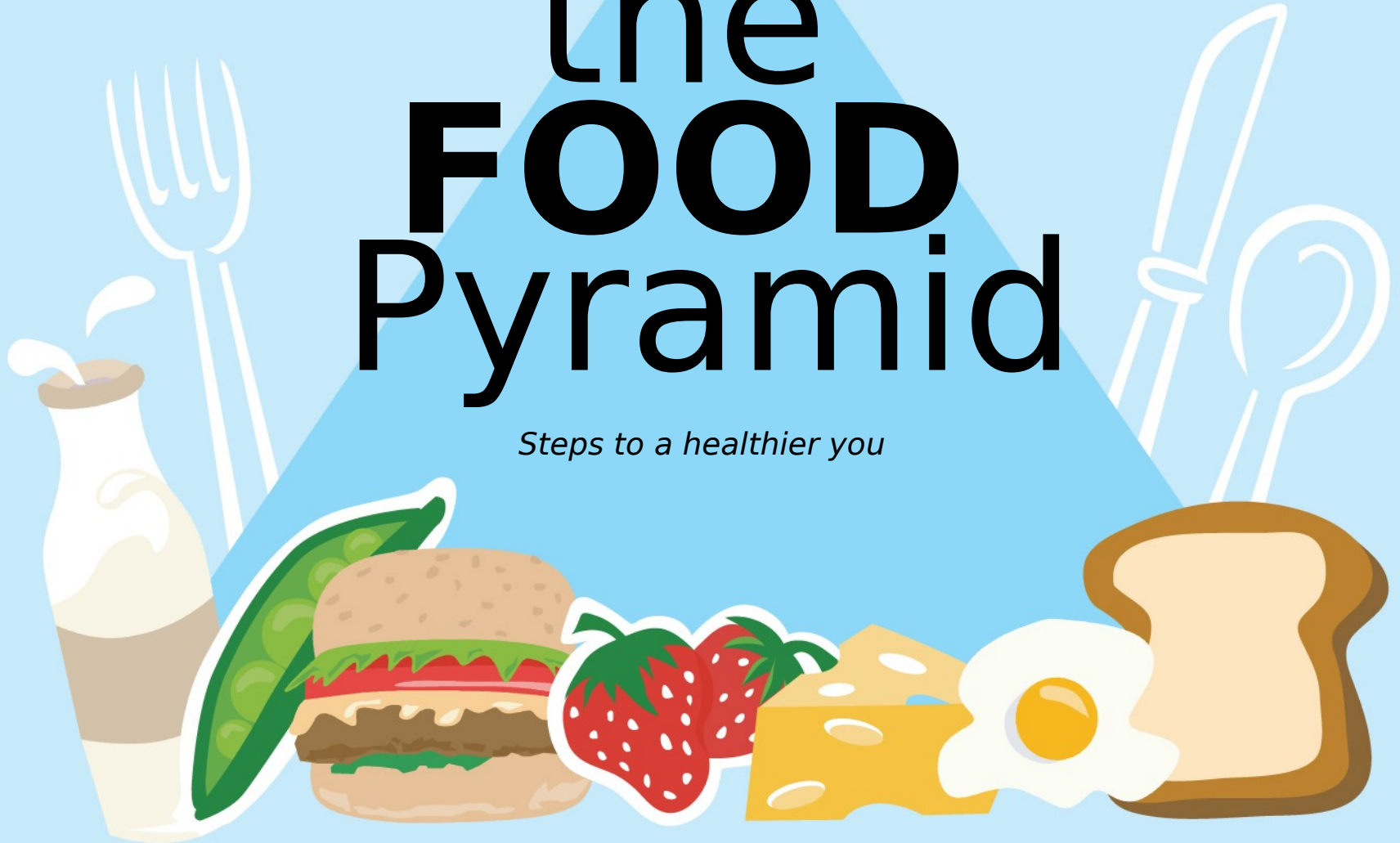


# the **FOOD** Pyramid

*Steps to a healthier you*



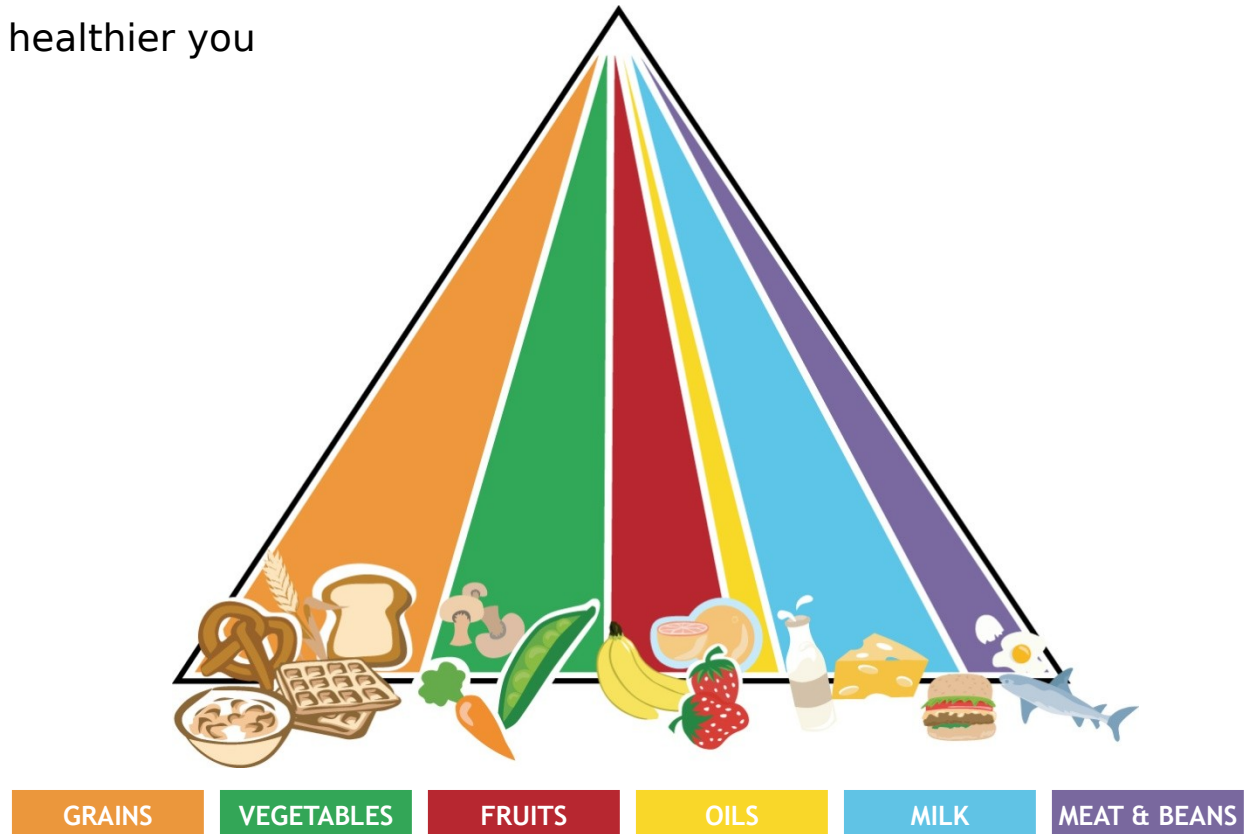
# Eating Right Every Day

- Briefly describe the point of this lesson, which is that the class will be learning about the relationship between good nutrition and health.



# The Food Pyramid

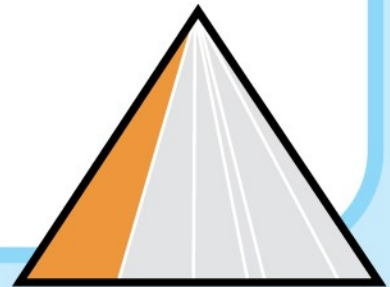
Steps to a healthier you



# Grains

Make half of your grains whole

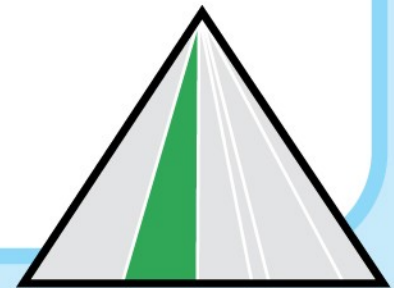
- List a few examples of grains that are plentiful in your area.
- Discuss how much children should eat every day and when they might have them.
- Together, research and discuss the health benefits of grains.
- Encourage children to list foods that they like from this food group.



# Vegetables

Vary your veggies

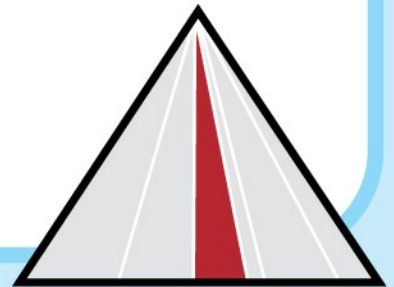
- List a few examples of vegetables that are plentiful in your area.
- Discuss how much children should eat every day and when they might have them.
- Together, research and discuss the health benefits of vegetables.
- Encourage children to list foods that they like from this food group.



# Fruits

Focus on fruits

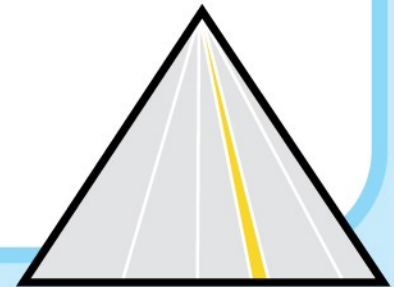
- List a few examples of fruits that are plentiful in your area.
- Discuss how much children should eat every day and when they might have them.
- Together, research and discuss the health benefits of fruits.
- Encourage children to list foods that they like from this food group.



# Oils

Know your fats

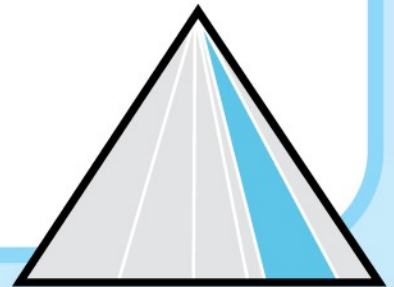
- List a few examples of oils and fats.
- Discuss how much children should eat daily and what foods contain oils and fats.
- Together, research and discuss the health benefits associated with the different kinds of oils and fats.
- Encourage children to list foods that they like from this food group.



# Milk

Get your calcium rich foods

- List a few examples of milk products.
- Discuss how much children should eat daily and when they might have them.
- Together, research and discuss the health benefits of milk products.
- Encourage children to list foods that they like from this food group.

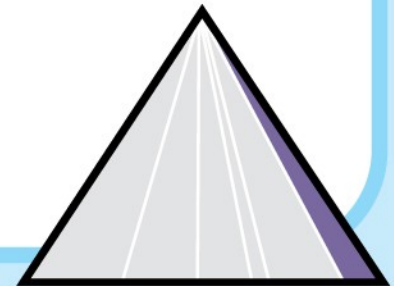
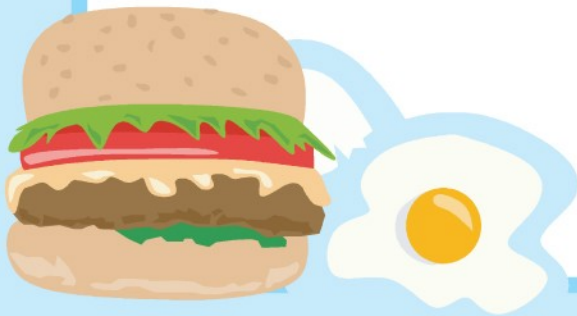




# Meat and Beans

Go lean on protein

- List a few examples of meat and bean products that are plentiful in your area.
- Discuss how much children should eat daily and when they might have them.
- Together, research and discuss the health benefits of meat and beans.
- Encourage children to list foods that they like from this food group.



# Discretionary Calories

Extras for luxury foods

- What are discretionary calories?
- Discuss how many discretionary calories children should eat every day.
- Solicit class feedback for examples of ways to use discretionary calories.



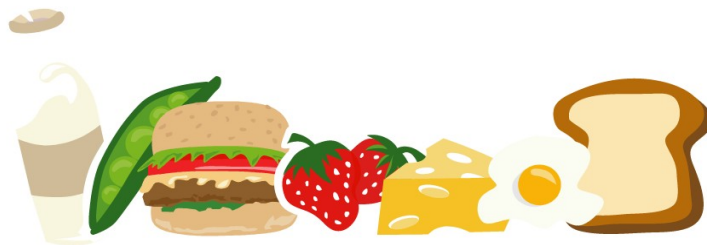
# Physical Activity

Strive for 60 minutes or more per day

- What is physical activity?
- Discuss moderate vs. vigorous activity.
- Solicit class feedback for examples of moderate and vigorous activities.



Eat Well and Stay Healthy!



# Conclusion

- Summarize the health benefits of each food group.
- Encourage children to do research on any new findings about food and health.
- Encourage children to continue keeping a food diary.
- Encourage children to strive for 60 minutes or more of physical activity every day.
- Ask your school nurse or doctor to visit the class to share facts about food and health on an ongoing basis.

