

Lesson Plan: Food pyramid

Materials:

Construction paper, glue, scissors, food newspaper ads

Activity 1:

Have the students list on a piece of paper what they ate the night before for dinner, for breakfast that day, and some of their favorite foods.

Discussion:

Ask the students what they think is a food pyramid. Ask them how many groups they think there are in the food pyramid. Explain to them that the food pyramid represents all the foods we eat. There are six groups and the food at the top is the food we shouldn't eat a lot of (that's why the top of the pyramid is so small), but going further down, the pyramid gets fatter and represents the foods that we should eat more of. Draw a pyramid on the board or a big white sheet of paper and draw the lines to separate the groups and list the groups (Sweets and Fats, Dairy, Meats and Proteins, Fruit, Vegetables, Grains, Bread, Pasta group) with the help of the class and your knowledge. Have them give examples from the list they made earlier and put into the appropriate category. Explain to them sometimes a food item can go into more than one group. For example, a sandwich can go into the grain, bread, pasta group (because of the bread itself), the vegetable group (because of the onion, peppers, tomatoes) and the meat group (because of the ham, turkey, roast beef, etc.). But sometimes even though the ingredients from a food item can go into different groups, it still goes into one category. For example, pizza can have items go into other categories, but it still goes into the Sweets and Fats group because it is very oily and has a high fat content.

Activity 2:

Have the students draw their own food pyramid on construction paper and have them label the food groups. Give each group or student food newspaper ads and have them cut out at least three things and glue the items into each category.

Evaluation: The food pyramid poster is to be turned in for a grade.