



Introducing MyPyramid: Grades 1 to 3

Note to nutrition educators:

Change can be exciting and confusing. Many of your students have spent several years learning about the Food Guide Pyramid and how it helps us eat healthy foods. Now they will be learning about MyPyramid, part of the updated food guidance system introduced by U.S. Department of Agriculture in April 2005. They may have questions like:

- What's wrong with the "old" pyramid?
- Why do we need to change?

This lesson will help you answer questions and introduce MyPyramid to students in first through third grade.

To learn more about MyPyramid and try some of its interactive features, visit MyPyramid.gov.

Knowledge objectives

Students will know:

- MyPyramid gives us information about the new discoveries scientists have made about eating healthy food.
- The colors on MyPyramid remind us to eat foods from each group every day.
- The person walking up the side of MyPyramid reminds us to move our bodies each day.

Behavioral objectives

Students will:

- Recognize MyPyramid.
- Name foods they like to eat from all the food groups.
- Name physical activities they like to do.

Supplies needed

- Old Food Guide Pyramid poster (MP681)
- MyPyramid poster (N943)

Student handout

- MyPyramid for youths (N942)

Teacher references

- MyPyramid.gov

- MyPyramid 101 packet (N940)

Core activity

- Did You Eat Your Colors Today?

Doing the Lesson

Introduce yourself and tell students: I will be visiting the classroom to talk about eating yummy, healthy foods and having fun moving our bodies.

Ask the students if they can tell you about an important scientific discovery or invention they have learned about. Accept all answers. It's not important if they know the name of the scientist. Some ideas are: electricity, airplanes, telephones and computers.

The main concept to convey is that when a new scientific discovery occurs, it can change our lives for the better. Sometimes we even change the way we live. For example, instead of using candles to light our home, we now have electric lights. Ask them if they can think of any other examples.

Show students the poster of the old Food Guide Pyramid and ask them: Do you remember the Food Guide Pyramid? What did the Food Guide Pyramid help us remember? (*Accept all answers, but be sure to mention that the Food Guide Pyramid helped us remember to eat healthy foods every day.*)

Remove the old Food Guide Pyramid and bring out the new MyPyramid poster, keeping it turned over so students can't see it yet. Say: Guess what I have? (Turn the poster over.) This is called MyPyramid. MyPyramid uses colors to teach us about the new discoveries scientists have made about eating healthy food.

Ask the students: What do you think might happen when we have new scientific discoveries about eating healthy food? (*We might make some*

changes in what we eat.)

Point to the colored bands on MyPyramid and tell students that each color represents a group of foods. Tell them what group each color represents. Ask them what foods they like to eat from each group.

Orange is for Grains

Green is for Vegetables

Red is for Fruits

Blue is for Milk

Purple is for Meat and Beans

Ask students: Do you notice anything else on MyPyramid? (*Person climbing the steps on the side of MyPyramid.*)

What do you think this person is trying to tell us? (*This reminds us how important it is to move our bodies every day.*)

What are some fun activities you like to do? (*To get them started, tell them some fun activities you like to do.*)

Tell the students: MyPyramid has some important messages for us:

- We need to eat foods from all the colors each day.
- We need to have fun moving our bodies each day.

Do Did You Eat Your Colors Today? activity

Lesson summary

Ask the students: Why did we get a new pyramid? (*Scientists have made new discoveries about how to live a healthy life. They needed a way to give us some advice about eating healthy food and moving our bodies.*)

What is one important thing you would like to tell your family or your teacher about MyPyramid? Answers could include:

- Eat foods from every color each day.
- Be sure to move your body every day.
- Orange is for grains.
- Green is for vegetables.
- Red is for fruits.
- Blue is for milk.
- Purple is for meat and beans.

Core activity: Did You Eat Your Colors Today?

Purpose

Helps students think about foods they like from each of the food groups.

Supplies needed

- MyPyramid poster (N943)

How to do this activity

Go through each of the colors on the MyPyramid poster and ask students to name foods they like to eat from each group. You may have to give them some examples from each group to get them started.

Don't place too much emphasis on getting foods in the right group. Most of all, it's important that students name a variety of foods they like to eat. If someone places a food in the wrong group, you might ask the other students if they agree. Keep working together until they figure out which group the food belongs in.