



Introducing MyPyramid Grades 4 and 5

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, which is part of the updated food guidance system introduced by USDA 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 fourth and fifth grade.

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

Knowledge objectives

Students will know:

- MyPyramid replaces the old Food Guide Pyramid and gives us the latest information from nutrition experts about eating healthy food.
- MyPyramid reminds us to choose foods from all the food groups daily.
- The person walking up the side of MyPyramid reminds us that we should be physically active every day.

Behavioral objectives

Students will:

- Plan meals based on recommendations from MyPyramid.
- Name some ways that they enjoy being physically active.

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

- MyPyramid Menus

Doing the Lesson

Introduce yourself and tell students: I will be visiting your classroom to talk about how we can look our best and stay healthy. Here's a clue: It's about eating healthy foods and moving our bodies every day.

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 the poster of the old Food Guide Pyramid and tell students: Until April 2005, this was the best information we had about healthy eating.

Remove poster of the old Food Guide Pyramid and display the MyPyramid poster. Tell students: In April 2005, nutrition experts introduced an updated version called MyPyramid.

MyPyramid contains the latest scientific discoveries about eating healthy food and getting plenty of physical activity.

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.)

What do you think might happen if we have new scientific evidence that getting plenty of physical activity each day keeps our bodies healthy? (*We might decide to be more active.*)

Point to the colored bands on MyPyramid and tell students what food group each color represents and an important message about each group. Ask them what foods they like to eat from each group.

Orange is for Grains – At least half of our grain servings should be whole grains.

Green is for Vegetables – Eat more dark green and orange veggies.

Red is for Fruits – Eat a variety of fresh, canned, frozen and dried fruits.

Blue is for Milk – Feed your bones with high-calcium foods.

Purple is for Meat and Beans – Go lean with meat, poultry, fish and beans.

Ask the students: Did I forget any color? (Yellow)

Tell students: Yellow represents Oils. Oils are not a food group. The yellow band is narrow to remind us that we need a small amount of oil each day to stay healthy. We can get plenty of oil from eating foods like nuts, fish, cooking oil and salad dressing.

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.*)

Tell students: Children your age should be physically active for at least 60 minutes every day, or most days. It doesn't have to be at one time. For example, you could ride your bike for 15 minutes, walk the dog for 15 minutes and play basketball with your friends for 30 minutes. It all adds up!

Ask students what types of fun activities they like to do.

Do MyPyramid Menus activity

Lesson summary:

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 can happen when we find out about new scientific discoveries about eating healthy food? (*We might make some changes in what we eat.*)

What can happen if we have new scientific evidence that getting plenty of physical activity each day is good for our health? (*We might decide to be more active.*)

What is one important thing you would like to tell your family or your teacher about MyPyramid? (*Answers could include anything from the lesson.*)

Core activity: MyPyramid Menus

Purpose

Helps students plan menus using My Pyramid.

Supplies needed

- none

Student handout

- MyPyramid Menu work sheet*

Advance preparation

- Make a copy of the worksheet for each student.

*Furnished with lesson

How to do this Activity

Have the class break into groups of three to four students. Give each group a copy of the work sheet and ask them to:

- Plan meals for one day (#1 on the work sheet).
- Divide the foods from all the meals into food groups using the chart in #2.

Come back together and ask the groups to share:

- What were some of the meals you planned?
- Did you have foods in all the color groups?
- What foods did you need more of?
- What foods did you need less of?

MyPyramid Menu work sheet

1. Plan meals for one day. Include the following:

- Foods from all the colors
- Whole-grain foods
- Dark green and orange vegetables
- Fresh and canned fruit
- High-calcium foods
- Lean protein foods

| Breakfast | Lunch | Dinner |
|-----------|-------|--------|
| | | |

2. Write the foods from all your meals under the correct food group:

| Orange Grains | Green Vegetables | Red Fruits | Blue Milk | Purple Meat & Beans |
|------------------|---------------------|---------------|--------------|------------------------|
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