



# Introducing MyPyramid: Pre-K to Kindergarten

## **Note to nutrition educators:**

This lesson will help you introduce MyPyramid to pre-k and kindergarten students. Some pre-k and kindergarten students may be familiar with the old Food Guide Pyramid if they have been in your classes. For most, this will be the first time they hear about a pyramid that helps us learn about healthy eating and moving our bodies.

To learn more about MyPyramid and try some of its interactive features, visit [MyPyramid.gov](http://MyPyramid.gov).

## **Knowledge objectives**

Students will know:

- MyPyramid reminds us to eat foods from all the colors.
- MyPyramid reminds us to have fun moving our bodies.

## **Behavioral objectives**

Students will recognize MyPyramid.

## **Supplies needed**

- MyPyramid poster (N943)

## **Student handout**

- MyPyramid for youths (N942)

## **Teacher references**

- [MyPyramid.gov](http://MyPyramid.gov)
- MyPyramid 101 packet (N940)

## **Core activity**

- Clap for MyPyramid

## **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.

Point to the MyPyramid poster and tell students:  
This is called MyPyramid. Each color shows us different types of yummy foods we can eat each day to help us grow, play and stay healthy.

Tell students what type of food each color represents. For example, orange is the color for grains. Ask them what types of grains they like to eat. Start by telling them some grain foods you like to eat. Be sure to mention some whole grain foods. Go through each color.

Point to the person walking up MyPyramid. Ask the students: Why do you think someone is walking up MyPyramid? Could this be a message that we need to move our bodies every day?

Tell the students: MyPyramid has important messages for us.

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

## **Do Clap for MyPyramid activity**

### **Lesson summary**

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

- We should eat foods from all the colors every day.
- We should have fun moving our bodies every day.

## ***Core activity: Clap for MyPyramid***

### **Purpose**

Students will have fun moving their bodies while learning about the colors of foods on MyPyramid.

### **How to do this activity**

Have the students count off into the five color groups from MyPyramid:

**Orange** for grains

**Green** for vegetables

**Red** for fruits

**Blue** for milk

**Purple** for meat and beans

Tell students: When I call out a food from your color group, jump up in the air and clap your hands over your head. For example, when I say “strawberry,” all the reds jump in the air and clap their hands because red stands for fruits. Play until every group has had a chance to jump in the air several times.