References:

http://www.fda.gov/diabetes/pyramid.gif

Benchmark and SLC#:

3rd Grade SLC19

Objectives:

Students will practice sorting food items into the six pyramid groups, and making balanced meals

Materials:

- Poster board of food pyramid
- Grocery circulars
- Tape
- Paper plates

Initial Demonstration:

The demonstrator will have prepared a poster board with a labeled food pyramid. Students will be shown cut-out food pictures (from the circulars). Volunteers should tape each picture in the correct category on the pyramid. The class should not help unless asked. It may be particularly helpful to have pictures of not-so-obvious foods like peanut butter, eggs, and fish

Target Observation:

- There are six different kinds of food groups
- The others group of fats, sweets and oils should be avoided

Target Model:

- The food pyramid tells us which foods belong to what groups
- The food pyramid also tells us what foods are healthy, and which are not
Procedure:

Day 1:

Next the students will use paper plates to build balanced meals that include foods from all of the categories on the pyramid. This activity may be done in groups of two. Point out the shape of the pyramid and its significance with regard to what foods should be eaten most, and which foods should be eaten least. Students can draw and label the food items with a crayon. The meal must be realistic; the demonstrator may need to model one quickly for the class. (Lesson modified from Columbus Public SLC 19 benchmark A)

Target Revised Model:

- The foods in the food pyramid should be eaten at the ratios depicted by the pyramid shape (more at bottom fewer at top)

Procedure:

Day 2:

The demonstrator will model a breakfast, lunch, and dinner meal on the overhead. Students will build a realistic meal using all of the food groups in proportion. As items are added to the list tick marks should be added to the appropriate food category on the pyramid (from day 1). The class should be aware of the categories for each of the three meals modeled on the overhead. Students should be able to tell when each suggested serving has been fulfilled.

Target Revised Model:

- The food pyramid tells us how many servings of each group we should eat on a daily basis

Summary:

The food pyramid tells us which foods belong to what food groups, and how many servings of each food group to eat each day. Following its guidelines helps eat in a healthy manner. Certain foods should be eaten as sparingly as possible- these foods are in the fats, oils, and sweets group.