

Eat and Play Lesson # 2
Learning the Food Guide Pyramid
Kindergarten - 3rd Grades

Time: 30-45 minutes

Objectives:

1. Identify the new Food Guide Pyramid.
2. Identify the food groups on the Food Guide Pyramid.
3. Identify numerous foods in each food group on the new Food Guide Pyramid.
4. Identify favorite foods from each food group on the Food Guide Pyramid.
5. Identify when a meal is balanced with 3 or more food groups.

Materials Needed:

1. New USDA Food Guide Pyramid poster visual aide and old Food Guide Pyramid poster visual aide.
2. Copies for each student of the new Food Guide Pyramid student worksheet.
3. Copies for each student of the Draw Your Meal worksheet (extra activity for grades 2-3).
4. 28 laminated colored new Food Guide Pyramids visual aides with #s on the back.
5. Crayons.
6. Scissors.
7. Laminated number cards in a jar.

| Teacher | Students | Materials |
|--|--|---|
| <p>Gaining attention:</p> <p>Introduce and display the new Food Guide Pyramid poster.</p> <p>Ask the students to remember the old Food Guide Pyramid and what</p> | <p>View new Food Guide Pyramid poster.</p> <p>Recall the old Food Guide Pyramid and make some comparisons.</p> | <p>Large new Food Guide Pyramid poster laminated visual aide.</p> <p>Old Food Guide Pyramid poster laminated visual aide.</p> |