

Food Pyramid Pile Up Classroom Activity 2 My Food Pyramid

Instructions

Learning Objective

Students will be able to create a their own food pyramid based on their daily food intake. Students will be able to analyze and evaluate their current diet by comparing it to the national MyPyramid guidelines.

Materials

1. "My Food Pyramid" worksheet
2. Inside the Pyramid online (<http://www.mypyramid.gov/pyramid/index.html>)
3. Colored pencils, crayons, or markers (optional)

Teacher Preparation

1. Print one copy of the "My Food Pyramid" worksheet for each student.
2. This project requires two days to complete: one full day for recording of meals and the following day for organizing food into groups and analyzing meals.
3. It is important that you do NOT inform students of this assignment in advance. Studies show that it is common for children and adults to alter their eating habits when they know it is being recorded. To get an accurate assessment of personal diet, it is best to keep the assignment a surprise.

Instructions

1. Allow students to play Pyramid Pile Up at Playnormous.com.
2. Give each student copy of the "My Food Pyramid" worksheet.
3. Instruct your students that they will be doing a 24-Hour Dietary Recall. They will record what they eat and drink for breakfast, lunch, after school snack, and dinner.
4. Have students fill in what they ate for breakfast and lunch earlier that day.
5. For homework, students will record what they eat for dinner.
6. The following day, have students draw or write what they ate in each section of the MyPyramid.
7. Tally the foods into each category at the bottom of the page.
8. Analyze how well the USDA daily guidelines were met by answering the five questions. This can be done as a class, in pairs, or individually. Teachers may also fill out their own "My Food Pyramid" worksheet as an example for students.

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Student Worksheet

Directions:

Today you will be recording what you eat for one full day. In the spaces below, write what you ate for each meal. Make sure to include snacks and drinks too. If you didn't eat anything during one of the meals or snack sections, put "None." An example is done for you.

Example: 1. Breakfast
Corn Puffs Cereal
Skim Milk
Banana
Orange Juice

1. Breakfast

2. Lunch

3. After School & Evening Snack

4. Dinner

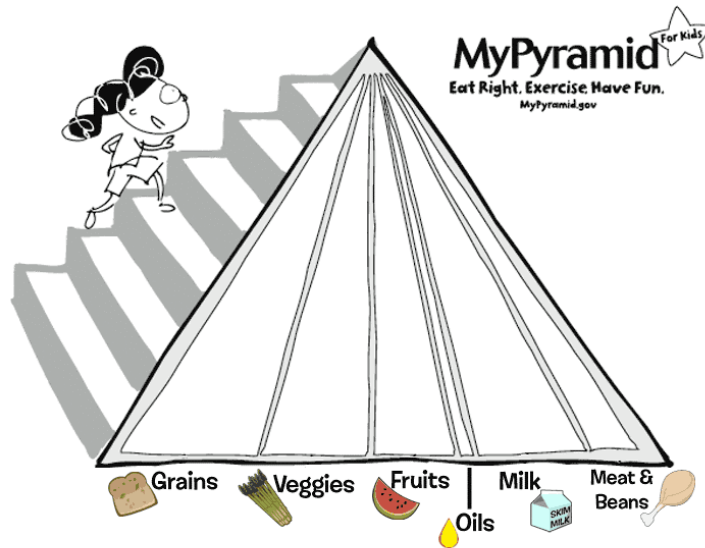


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Student Worksheet

Directions:

Today you will be recording everything you ate yesterday into the MyPyramid diagram below. Write or draw pictures of each food and drink item in the correct section on the pyramid. Count the number of food items in each category and record your numbers at the bottom of the page. Use information from your teacher, the MyPyramid website, and your worksheet to answer the five discussion questions.



How Many Did You Eat?

- | | |
|------------------------|---|
| ___ White Grains | ___ Whole Grains |
| ___ Fruits | ___ Vegetables |
| ___ Milk/Dairy | ___ Milk/Dairy (low fat or fat free) |
| ___ Meat (red, beef) | ___ Meat & Beans (lean meats, poultry, fish, beans, eggs, nuts) |
| ___ Oil / Fats / Sugar | |



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Analyze Your Pyramid

- The USDA recommends that you **make half your grains whole**. This means that of all the foods you listed in the grains category, at least one half (1/2) or 50% should be made of whole wheat. Did you meet the USDA's recommendation for grains? What percentage of your grains were whole grains?
- The USDA recommends that you **vary your veggies** or eat more than one type of vegetable each day. Did you meet the USDA's recommendation for vegetables? If not, list one strategy that might help you eat more vegetables tomorrow. An example would be asking a parent to serve a new kind of vegetable at dinner.
- The USDA recommends that you **focus on fruit** or make sure fruits are available to eat during the day whether at school or at home. Did you meet the USDA's recommendation for fruit? If not, what is one way that you could make fruit easier to find during the day? A good example is keeping a bowl of apples on the kitchen table or counter at home so everyone remembers to eat one.
- The USDA recommends that you **get your calcium rich foods**. Foods in the milk group are full of calcium so drink and eat low fat or fat free dairy products throughout the day. Did you meet the USDA's recommendation for the milk group? If not, name one strategy that might help you get more calcium tomorrow. For example, drink a glass of fat free milk instead of soda with your after school snack.
- The USDA recommends that you **go lean with protein**. This means eating more chicken, eggs, fish, turkey, and beans. If you eat red meat like beef, choose lean cuts such as round steaks, roasts, and low fat ground beef. Did you meet the USDA's recommendation for the meat and beans group? If not, how might you add more lean protein to your diet? An example would be to eat a turkey sandwich at lunch instead of a hamburger.

