

# The Food Pyramid

Mezzo 3

The **food pyramid** is a chart that can be used to see how many servings of each **food** should be eaten each day. It is for having good health!

The Food Pyramid- Educational Video for Kids.

<https://www.youtube.com/watch?v=OKbA8pFW3tg>



**Instructions:** (Find this activity in your work package)

1. Look through various grocery ads or magazines for pictures of food items.



2. Cut out pictures of food.

3. Categorize them into groups.

While categorizing you can discuss what the categories are and why certain items may not go where it seems. For example, why would a chocolate ice cream bar be a treat and not dairy?

\*Check out the food pyramid example (included)

**Grain group- 6 servings**

**Vegetable - 3 servings**

**Fruits- 2 servings**

**Dairy- 2 servings**

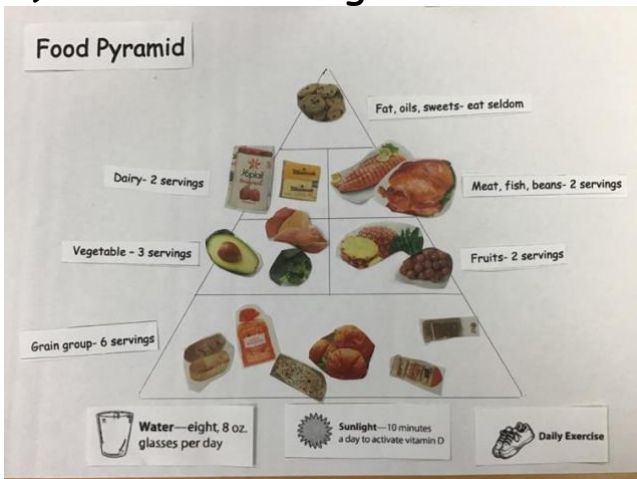
**Meat, fish, beans- 2 servings**

**Fat, oils, sweets- eat seldom**

4. Paste items in each category. Discuss why you should eat more of certain types of foods and less of others.



5) Label the categories with daily servings of each.



## Make the Food Pyramid with your toy food!



## The 5 Fabulous Food Groups- video

<https://www.youtube.com/watch?v=L9ymkJK2QCU>

## Food group sorting activity (included)



## I can eat a rainbow! (fruits and vegetables)

Directions: Draw or glue pictures of fruits and vegetables for each color of the rainbow.

You'll need...

- "I Can Eat a Rainbow" printable (included)
- scissors
- glue
- crayons or markers
- grocery advertisements/magazine clippings



Ideas of foods for each color of the rainbow:
tomatoes, raspberries, strawberries, watermelon
carrots, mangos, oranges, peaches
yellow peppers, banana, pineapple, lemon
broccoli, spinach, cucumbers, celery
blueberries
grapes, blackberries, figs, plums

Color in each crayon with the matching color word. This will help you easily identify which food goes into each particular color group. Next, look through various grocery ads or magazines for pictures of colorful fruits and vegetables. Then, you can cut and paste at least one picture for each color. This step can be skipped if you prefer to draw the pictures instead of using real life photos. The finished product makes a great visual reminder to eat a "rainbow" every day!

## Extending the Learning

After this activity is completed, have a healthy rainbow snack! Just bring in colorful fruits and veggies for your kid to try. You can also laminate or place the finished printable inside a Ziploc bag to use as placemat. Have your kid place the fruits and veggies he or she is sampling on each color of the placemat.

- Take a picture of the fruits and vegetables that you are going to eat for a snack and share it with Miss Lee!





# Healthy and unhealthy food picture sort



😊 Healthy 😊

😞 Unhealthy 😞

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