MyPyramid for Kids
Lessons for Grades 1 and 2

Grains
- Make half your grains whole

Vegetables
- Vary your veggies

Fruits
- Focus on fruits

Milk
- Get your calcium-rich foods

Meat & Beans
- Go lean with protein

Find your balance between food and fun
Fats and sugars — know your limits

USDA

Find your balance between food and fun
Fats and sugars — know your limits
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Dear Teacher,

The U.S. Department of Agriculture (USDA) has developed these lessons to help you teach children in grades 1 and 2 about MyPyramid. The lessons feature a graphic developed specifically for elementary students titled MyPyramid for Kids. They are designed to integrate nutrition with science, math, health, and language arts. Physical activity is also emphasized.

The lessons:
- Communicate nutrition concepts through age-appropriate, fun activities
- Contain handouts to be duplicated
- May be taught with minimal preparation
- Include a link with the school lunch program
- Provide an activity to send home to parents.

Also included with these lessons are: a MyPyramid for Kids poster, 50 Tips for Families flyers to send home to parents, a CD ROM with an interactive computer game, a CD ROM with all the lesson materials and supplemental materials for educators, and the Fruit and Vegetable Challenge poster kit. Your students will have fun as they learn to eat well and be physically active.

Here is a snapshot of what the three lessons cover:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Objective</th>
<th>Individual Student Activity</th>
<th>Group Activity</th>
<th>Lunchroom Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exploring MyPyramid for Kids</td>
<td>Students learn the food groups that make up MyPyramid for Kids and participate in a physical activity.</td>
<td>Color the MyPyramid for Kids handout using the proper color for the 5 food groups plus oils.</td>
<td>Students play the Moving More physical activity game.</td>
<td>Students categorize lunchroom foods according to the food groups in MyPyramid for Kids.</td>
</tr>
<tr>
<td>Eat Smart with MyPyramid for Kids</td>
<td>Students learn how they can use MyPyramid for Kids to help them make food choices for healthy eating.</td>
<td>Using the Eat Smart with MyPyramid for Kids handout, students categorize foods into the proper food groups.</td>
<td>Students participate in the Pyramid Go Fish food group categorizing game.</td>
<td>Students visit the cafeteria and learn where to find foods from each food group.</td>
</tr>
<tr>
<td>Vary Your Veggies and Focus on Fruits</td>
<td>Students identify fruits and vegetables they like and expand the variety of fruits and vegetables they eat.</td>
<td>Using the My Fruit and Vegetable Diary handout, students complete a diary of fruits and vegetables they have eaten.</td>
<td>Students complete the Graph It exercise, graphing the number of vegetables and fruits eaten by the class.</td>
<td>Students identify fruits and vegetables eaten at lunch each day and complete the Fruit and Vegetable Challenge poster.</td>
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</tbody>
</table>
A Close Look at MyPyramid

*Mypyramid for Kids* reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

**Be Physically Active Every Day**
The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

**Choose Healthier Foods From Each Group**
Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.

**Eat More From Some Food Groups Than Others**
Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

**Every Color Every Day**
The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

**Make Choices That Are Right for You**
*MyPyramid.gov* is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

**Take One Step at a Time**
You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.
Table of Contents

Lesson 1: Exploring MyPyramid for Kids
Lesson 2: Eat Smart with MyPyramid for Kids
Lesson 3: Vary Your Veggies and Focus on Fruits

Reproducibles:

Lesson 1: MyPyramid for Kids
Black-and-white handout

Lesson 2: Eat Smart with MyPyramid for Kids

Lesson 2: Dear Parents
Grocery Store Treasure Hunt

Lesson 3: My Fruit and Vegetable Diary