

MyPyramid Bingo

3rd Grade

Nutrition Objectives:

- Students will learn that MyPyramid is a guideline of what to eat every day.
- Students will learn that there are five food groups in MyPyramid and there are a wide variety of food items within each group.
- Students will learn which foods fit into each food group.
- Students will learn that eating foods from each food group helps us to stay healthy.

Colorado Content Standards	Application of Standard
<p>Science Standard 3: Life Science: Students know and understand the characteristics and structure of living things, the processes of life, and how living things interact with each other and their environment.</p> <p>Students will:</p> <ul style="list-style-type: none">▪ describe the basic food requirements for humans as summarized in the nutrition pyramid.	<p>Students will:</p> <ul style="list-style-type: none">▪ sort a variety of food pictures according to MyPyramid;▪ understand that MyPyramid shows how to eat a healthy diet.

MATERIALS, INGREDIENTS and TEACHER PREPARATION

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> ▪ can opener ▪ 2 medium bowls ▪ 1 mixing spoon ▪ chef knife (teacher only) ▪ cutting board (teacher only) ▪ small paper plates* ▪ plastic forks* ▪ napkins* ▪ 1 bag of food pictures** ▪ Romaine lettuce, bagged ▪ 1 bunch grapes ▪ 8 oz. plain yogurt ▪ 2-12 oz. cans chicken ▪ 1/2 tortilla* 	<ul style="list-style-type: none"> ▪ MyPyramid poster ▪ recipe copies* ▪ bingo sheet copies* ▪ activity sheet copies (one for every two students) ▪ transparencies (optional) 	<ul style="list-style-type: none"> ▪ Open and drain canned chicken. ▪ Wash grapes and cut them in half; put them in a bowl. ▪ Have salad ingredients (chicken, grapes, and yogurt) ready to mix together. ▪ Have remaining bowl and mixing spoon ready to use. ▪ Cut tortillas in half and have ready, along with lettuce, to pass out. ▪ Have small paper plates, plastic forks, and napkins ready to pass out to students.

*one per student

**order Food Models from Western Dairy Council @ wdairycouncil.com, 800-274-6455, 303-451-7711; \$20 for a set of 200 pictures

SET-UP

Work area:

- Students will work individually at their desks during bingo game.
- Students will work in pairs to answer activity sheet.
- Have nutrition table ready for lesson ingredients and materials.

INTRODUCTION WITH STUDENTS

- **“Today we are going to learn about MyPyramid and the foods that keep us healthy. What are some healthy foods and what do you think makes a food “healthy”?**
 - Show the MyPyramid poster to students. **“Have you ever seen this picture before? What does this poster tell us?”**
 - Explain to students that this poster is called MyPyramid and it tells us what kinds of foods we should eat to stay healthy.
- **“There are five food groups, plus the oils section, in MyPyramid. Each of the five food groups provides some, but not all, of the important nutrients for our bodies and therefore, all the food groups are equally important to our health. All of the healthy foods are divided into food groups.”** Point to the Grain group.
- **“Can you name this food group? What color is the Grain group? (orange)**
- **What foods do you see in this part of MyPyramid?**

Since many students will want to share what they see, you can allow everyone to speak in the following manner: Give the class about 10 seconds to share with a neighbor what they see in the picture. Then ask the class to be quiet while you reiterate some of the food names that you overheard. Repeat the same process with the other food groups, leaving out the oils section. This activity will allow students to verbalize different foods that belong in each food group. If students ask where food items such as candy and soda fit in MyPyramid explain that MyPyramid shows foods that fit into a healthy diet and that should be eaten every day. Candy and sodas aren't necessary for a daily healthy diet.

Tip: Refer to the **Food Group Information Sheet** for information on which foods belong in which food groups.

Important: Point out that, in addition to what foods we need to eat, MyPyramid also suggests that we need to be active. The person on the stairs reminds us that we need to be active each day for good health.

- **“We are going to play a MyPyramid bingo game and then we will eat a healthy snack made with a food from each food group.”**

PROCESS

- Step 1: Explain to students how to play the bingo game.
1. Give each student a bingo game sheet. Go over the different food groups written on the handout.
 2. Pull out a food card picture from the bag. Have a student name the food and what group it belongs in (for example, a picture of yogurt belongs in the Milk Group).
 3. Have students write the word "YOGURT" in one of the squares that says "MILK". Show students that even though they all have the same bingo sheet, they will have different results since there is more than one "MILK" box and each student may choose a different box. For each food picture that you pull out of the bag, have the students write the name of that food in the respective food group box on the bingo card.
 4. Tell students that they can win a game by filling the boxes in a complete line. Show them how they can make the different lines, either **straight across**, **straight down**, or **diagonal**. Make sure you keep track of the food pictures you have used so you can check the winner's boxes to make sure they are right. It is possible to play more than one game on each sheet. **Note:** To make the game more challenging, take down the pyramid poster. Tell students that the winners can be snack helpers.
- Step 2: Play the bingo game. Remind students that winning lines may go across, down, or diagonal.
- Step 3: After a few games of bingo, tell students it is time for their MyPyramid snack. Have them wash their hands with soap and warm water.
- Step 4: Tell students that they are going to make a healthy snack, called "MyPyramid Chicken Salad Wrap", using food items from the five food groups. Go to the nutrition table. Pass out the recipe and go over it with students. Ask students where each ingredient in the salad fits in MyPyramid. This chicken salad is made with yogurt and eating it will help them get their **3-A-Day** of Dairy. Ask students to read the directions as you and the bingo winners make the salad.
- Step 5: Demonstrate how to make the wrap by putting a small piece of lettuce on the tortilla half, adding a small bit of chicken salad, and then rolling the tortilla around the lettuce and chicken salad. Serve a small amount of the

chicken salad (about 1 tablespoon) on top of each tortilla and lettuce on small paper plates and pass out to students along with plastic forks and napkins. Encourage them to try this new food. Eat and enjoy! Offer seconds to those who want more.

Tip: By serving a small amount, everyone will have a chance to try the new food and have the option to say either “I’ve tried it but I don’t care for it,” or “I’ve tried it and I liked it very much. I would like to eat more.”

Step 6: While students are eating, pass out the activity sheets. Have students work in pairs. Tell them that after completing the activity sheet you will ask them to share their strategies with the class on how they answered the questions.

Step 7: Go over the activity sheet as a class and ask partners to share their answers and strategies used.

Step 8: Remind students to take their recipe home so they can share the healthy chicken salad wrap with their families.

SUMMARY/REVIEW WITH STUDENTS

- What we eat is very important for our health. MyPyramid shows us how to choose a variety of foods from different food groups.
- The foods we eat help our bodies grow strong and healthy. Remember there are some foods we should eat more of, like fruits, vegetables, whole grain products and low-fat milk products and some foods that you should eat less of, like soda, chips and candies.

Chicken Salad Wrap (3rd Grade)

Ingredients:

Yield: 6-8 servings

2 cans chicken (10 ounce cans)
low-fat, plain yogurt (8 ounces)
red grapes (1 pound)
Romaine lettuce
tortillas

Directions:

1. Open and drain canned chicken.
2. Cut grapes in half or in quarters.
3. Put chicken and yogurt into a bowl and mix well.
4. Add cut-up grapes to the bowl and mix.
5. Place a piece of lettuce leaf onto tortilla.
6. Put chicken mixture on the lettuce and roll.
7. Eat and enjoy!

**Eat a variety of foods every day
for good health!**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. This institution is an equal opportunity provider and employer.

Envuelta de Ensalada de Pollo (3er Grado)

Ingredientes:

Porciones: 6-8

2 latas de pollo (latas de 10 onzas)
yogur puro, bajo en grasa (8 onzas)
uvas rojas (1 libra)
lechuga romana
tortillas

Direcciones:

1. Abra la lata de pollo y escúrralo.
2. Corte las uvas en mitades o cuartas partes.
3. Ponga el pollo y el yogur en un plato hondo y revuélvalo bien.
4. Añada las uvas ya cortadas al plato y revuelva.
5. Ponga un pedazo de hoja de lechuga en una tortilla.
6. Ponga el pollo revuelto en la lechuga y enróllela.
7. ¡Coma y disfrute!

**¡Come una variedad de alimentos cada día
para una buena salud!**

Este material fue fundado por el Programa de Cupones para Alimentos del USDA. El Programa de Cupones para Alimentos provee asistencia nutritiva a gente con bajos recursos. Le puede ayudar a comprar comida mas nutritiva para una mejor dieta. Para obtener mas información, contacte a su oficina de servicios sociales. Esta institución ofrece oportunidad y empleo equitativo para todos.

MyPyramid Bingo

Name: _____ Date: _____

Read the passage in the box below and answer the questions.

MyPyramid helps you choose what to eat each day for good health. There are five food groups. All five major food groups are important for our healthy bodies. We should remember to eat a variety of foods and be active to keep our bodies feeling good and healthy.

1 Circle the right answer. MyPyramid:

- a. is a guideline of what to eat every day.
- b. is the name of an Egyptian tomb.
- c. tells you that the Vegetable Group is healthier than the Fruit Group.
- d. has four major groups.

2. MyPyramid tells us we should:

- a. exercise every day
- b. eat a variety of foods
- c. eat from the 5 food groups
- d. all of the above

3. Draw a line to match the salad ingredients to their food groups.

- | | |
|-------------|------------------------|
| Chicken - | - Grain group |
| Raisins - | - Vegetable Group |
| Tortillas - | - Fruit Group |
| Carrots - | - Meat and Beans Group |
| Yogurt - | - Milk Group |

Bingo de MiPirámide

Nombre: _____ Fecha: _____

Lea el pasaje en la caja abajo y responda a las preguntas.

MiPirámide le ayuda escoger lo que debe comer cada día para obtener la buena salud. Hay cinco grupos de comida mayores, y el grupo de grasas, aceites y dulces. Los cinco grupos de comida son importantes para tener un cuerpo saludable. Debemos acordarnos de comer una variedad de comidas y ser activos para mantener nuestros cuerpos sintiéndose bien y saludables.

1 Ponga un círculo alrededor de la respuesta correcta.

MiPirámide:

- e. sirve como una guía de cómo comer cada día.
- f. es el nombre de un sepulcro Egipto.
- g. le dice que comidas del grupo de verduras son más saludables que los del grupo de Fruta.
- h. tiene cuatro grupos mayores.

2. MiPirámide nos dice que debemos:

- a. hacer ejercicio cada día.
- d. Comer una variedad de comidas.
- e. Comer de los 5 grupos de alimentos.
- d. Todas las de arriba.

3. Dibuje una línea para mostrar cuales ingredientes de ensalada pertenecen a cuales grupos de alimentos.

- | | |
|------------|------------------------------|
| Pollo - | - grupo de Granos |
| Pasas - | - grupo de Verduras |
| Tortillas | - grupo de Fruta |
| Zanahorias | - grupo de Carnes y Frijoles |
| Yogur - | - grupo de Leche |

Food Group Information Sheet (Teacher Only)

GRAIN GROUP

bagel
biscuit
bran flakes
corn flakes
croissant
dinner roll
egg noodles
English muffin
graham crackers
granola
granola bar
grits
hard roll
hot dog bun
muffin
oatmeal
pancake
pasta
pita bread
popcorn
pretzels
rye bread
rye crackers
rice
saltine crackers
snack crackers
tortilla
tortilla chips
waffle
white bread
whole wheat bread

VEGETABLE GROUP

avocado
broccoli
cabbage
carrots
cauliflower
celery
coleslaw
corn
corn on cob
green beans
green peas
green pepper
lettuce
baked potato
hash brown potatoes
mashed potato
snow peas
spinach
sweet potato
tomato
tomato juice
tossed salad
winter squash
zucchini

FRUIT GROUP

apple
applesauce
banana
cantaloupe
fruit cocktail
grapefruit
grapes
orange
orange juice
peach
peaches (canned)
pear
pears (canned)
pineapple
prunes
raisins
strawberries
watermelon

MEAT/BEANS GROUP

ground beef
roast beef
steak
pork chop
fried chicken
roasted chicken
turkey
ham
fish sticks
halibut
salmon
shrimp
tuna
fried egg
hard-cooked egg
scrambled egg
baked beans
black-eyed peas
navy beans
refried beans
tofu
sunflower seeds
peanuts
peanut butter

MILK/DAIRY GROUP

American cheese
cheddar cheese
cottage cheese
lowfat cottage cheese
1% lowfat milk
mozzarella cheese
muenster cheese
parmesan cheese
Swiss cheese
whole milk
chocolate milk
2% reduced fat milk
2% reduced fat
chocolate milk
1% lowfat milk
fat-free milk
cultured buttermilk
milk shake
fruit-flavored low-
fat yogurt
lowfat plain yogurt
frozen yogurt
non-fat plain yogurt
ice-cream

OILS

French dressing
Italian dressing
mayonnaise
vegetable oils
margarine

**Foods Not Pictured
in MyPyramid
(not meant to be a part
of your daily diet)**

candy
soft drinks
jam
sugar
honey
syrup
butter
cream cheese
cream
chocolate
chips

MyPyramid Bingo

GRAINS	FRUIT	VEGETABLE	GRAINS	MEAT & BEANS
MILK	VEGETABLE	GRAINS	VEGETABLE	MILK
FRUIT	MEAT & BEANS	MILK	FRUIT	VEGETABLE
GRAINS	GRAINS	VEGETABLE	FRUIT	GRAINS
MILK	MEAT & BEANS	FRUIT	VEGETABLE	GRAINS

Bingo de MiPirámide

GRANOS	FRUTA	VERDURA	GRANOS	CARNE & FRIJOLES
CARNE & FRIJOLES	VERDURA	GRANOS	VERDURA	LECHE
FRUTA	CARNE & FRIJOLES	LECHE	FRUTA	VERDURA
LECHE	GRANOS	VERDURA	FRUTA	GRANOS
LECHE	CARNE & FRIJOLES	FRUTA	VERDURA	GRANOS