

MyPyramid Sort

2nd 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 us how to eat a healthy diet.
<p>Literacy Standard 1: Students read and understand a variety of materials.</p> <p>Students will:</p> <p>use a variety of strategies to comprehend materials such as directions, nonfiction material, rhymes and poems, and stories.</p>	<p>Students will:</p> <ul style="list-style-type: none"> ▪ use shared reading to follow and understand the recipe for "MyPyramid Chicken Salad".

Literacy Standard 2:

Students write and speak for a variety of purposes and audiences.

Students will:

- organize with logical sequence.

Students will:

- write out a shopping list and categorize foods according to their correct food groups.

WHAT TEACHERS NEED TO KNOW

Please refer to the *Nutrition Background Information* document for MyPyramid explanations.

MATERIALS, INGREDIENTS AND TEACHER

Equipment and Ingredients	Teacher Preparation	Food Preparation
<ul style="list-style-type: none"> can opener 1 medium bowl 1 mixing spoon small paper plates* plastic forks* napkins* 10 oz. bag shredded carrots 8 oz. plain yogurt 3 oz. raisins 2-12 oz. cans chicken wheat crackers (4-6 per student) 	<ul style="list-style-type: none"> MyPyramid poster recipe copies* activity sheet copies* food label sheet (4 copies) transparencies (optional) 4 MyPyramid poster tear off sheets 4 bags of food pictures** 	<ul style="list-style-type: none"> Open and drain canned chicken. Have salad ingredients (chicken, shredded carrots, raisins, and yogurt) ready to mix. Have medium bowl and mixing spoon ready to use. Have whole wheat crackers, small paper plates, plastic forks, and napkins ready to pass out to students in each group.

*one per student

**order a set of Food Models from Western Dairy Council: wdairycouncil.com; 800-274-6455 or 303-451-7711; \$20 for one set of 200 four color, life-size models.

SET-UP

Work area:

- Students will work in four groups. Clear enough space on the floor or desks for students to sort the food pictures into the five food groups.
- 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. Can you name some healthy foods? What makes those foods healthy?”**

Show the MyPyramid poster to students.

“Have you seen this picture before? What does this picture tell us?”

“This graphic is called MyPyramid. It shows us what kinds of foods we should eat every day to stay healthy. There are five food groups, plus the oils section in the MyPyramid picture. Each of the five food groups provides some, but not all, important nutrients for our bodies. Our bodies need food from each food group to stay healthy. All of the healthy foods are divided into food groups.

Point to the Grain Group.

- **“This is called the Grain Group. What color is the Grain Group?”** (orange)
“What foods do you see in this part of MyPyramid? Share with your neighbor what you see.”
(After students have had ample time to share, reiterate the food names that you heard)

Repeat this 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 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 shows us 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 now going to play a sorting game and then we will eat a healthy snack that includes a food from each food group.”**

PROCESS

- Step 1: Divide the class into four groups. Pass out one plastic bag containing food pictures to each group. Allow students to spend 3-5 minutes exploring the pictures in their bags. Tell students that they will use these pictures for the activity. Help them to identify any foods that are unfamiliar to them.
- Step 2: Explain that each group will receive a set of food group labels and a MyPyramid picture. Ask students to cut out the five food group labels and use these to sort the food pictures into five piles. Demonstrate how they should sort the foods in the correct groups.
- Step 3: Have each group place the labels and the MyPyramid picture on the floor or on the top of their desks. Have students sort their food pictures into the different food groups. Walk around the classroom and help students as needed.
- Step 4: After students have finished sorting, check each group to make sure they are sorted correctly. **Note:** Refer to the list of food items at the end of this lesson. Then have the students put the pictures back in their bags. Have students read the label on the bag to make sure they have returned all the pictures to the correct bag. Switch bags between groups and have students sort the new set of pictures.
- Step 5: If time allows, repeat step 4 until all the bags have rotated through each group.
- Step 6: When students have finished this activity, have students return MyPyramid tear off sheets, labels and bags. Have them wash their hands with soap and warm water.
- Step 7: Tell students that you are going to make a healthy snack called *MyPyramid Chicken Salad*, 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. Ask students to read the directions and ask for volunteers to help make the salad.
- Step 8: Serve a small amount of the salad (about 1-2 tablespoons) onto small paper plates and pass out to students along with whole wheat crackers, plastic spoons, 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 9: Pass out the activity sheet and go over with students. Have students use their recipes to help them complete their activity sheets. Remind students to take their recipes and activity sheets home so they can shop for the ingredients and make the salad at home to share 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.
- There are many different kinds of foods in each group of MyPyramid.
- 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 we should eat less of, like soda, chips and candies.

(For Teacher Only)

Vegetables

Fruits

Grains

**Meat &
Beans**

Milk

For Teacher Only

Verduras

Frutas

Granos

Carne &
Frijoles

Leche

MyPyramid Chicken Salad

Ingredients:

Yield: 6-8 servings

2 cans chicken (10 ounces)
shredded carrots (6-8 ounces)
raisins (3 ounces)
low-fat, plain yogurt (8 ounces)
whole wheat crackers

Directions:

1. Open and drain canned chicken.
2. Put chicken, carrots, raisins, and yogurt into a bowl.
3. Mix well.
4. Serve the chicken salad with whole wheat crackers.
5. 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.

Ensalada de Pollo Pirámide Guía de Alimentos

Ingredientes:

Porciones: 6-8

2 latas de 10 oz. de pollo
6- 8 oz. de zanahorias ralladas
3 oz. de pasas
8 oz. de yogur simple, bajo en grasa
galletas de harina de trigo

Direcciones:

1. Abrir y escurrir las latas de pollo
2. Colocar el pollo, zanahorias, pasas y yogur en un recipiente
3. Mezclar bien.
4. Servir la ensalada de pollo con las galletas de trigo.
5. ¡Come y disfruta!

**¡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 Chicken Salad Shopping List

Name: _____ Date: _____

I want to make this chicken salad at home because _____

_____.

Here is my shopping list.

1. _____

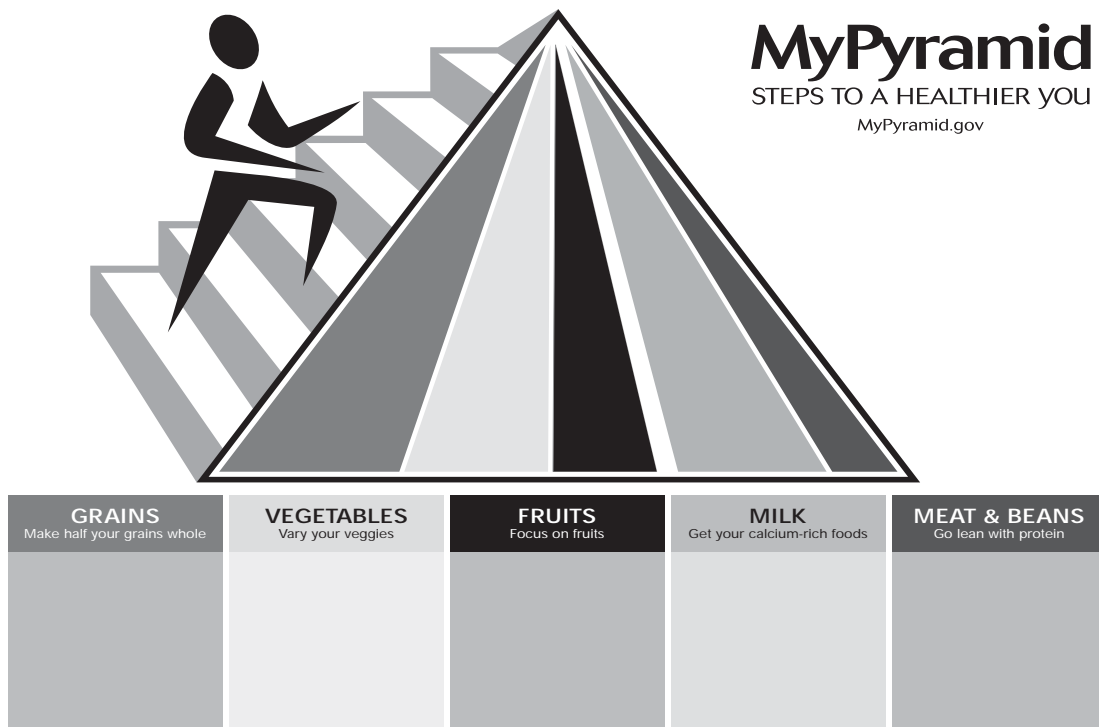
4. _____

2. _____

5. _____

3. _____

Put each food from your shopping list in the correct food group section in MyPyramid. You can draw or write.



Lista de Compras para la Ensalada de Pollo de MiPirámide

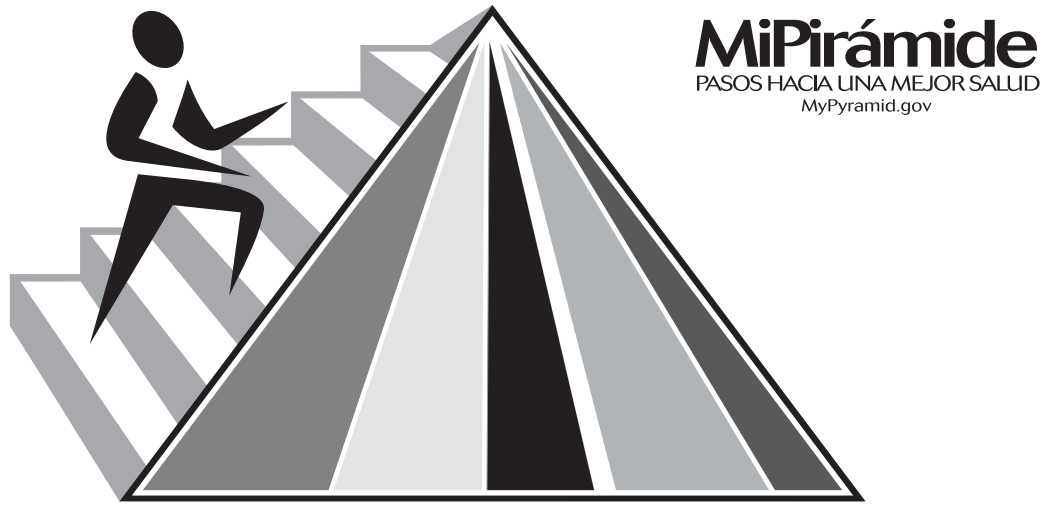
Nombre: _____ Fecha: _____

Quiero hacer esta ensalada de pollo en casa porque _____
_____.

Aquí esta mi lista de compras.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Ponga cada alimento de su lista de compras la sección del grupo de alimentos correcto en MiPirámide. Puede dibujar o escribir.



MiPirámide
PASOS HACIA UNA MEJOR SALUD
MyPyramid.gov

GRANOS Consuma la mitad en granos integrales	VERDURAS Varie las verduras	FRUTAS Enfoque en las frutas	PRODUCTOS LACTEOS Coma alimentos ricos en calcio	CARNES Y FRIJOLES Escoja proteínas bajas en grasas

Food Group Information Sheet
(NOT FOR COPY PURPOSES, 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

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

FRUIT GROUP

apple

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
low-fat cottage cheese
1% low-fat milk
mozzarella cheese
muenster cheese
parmesan cheese
Swiss cheese
whole milk
chocolate milk
2% reduced fat milk
2% reduced fat
 chocolate milk
1% low-fat milk
fat-free milk
cultured buttermilk
milk shake
fruit-flavored low-
 fat yogurt
low-fat 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