

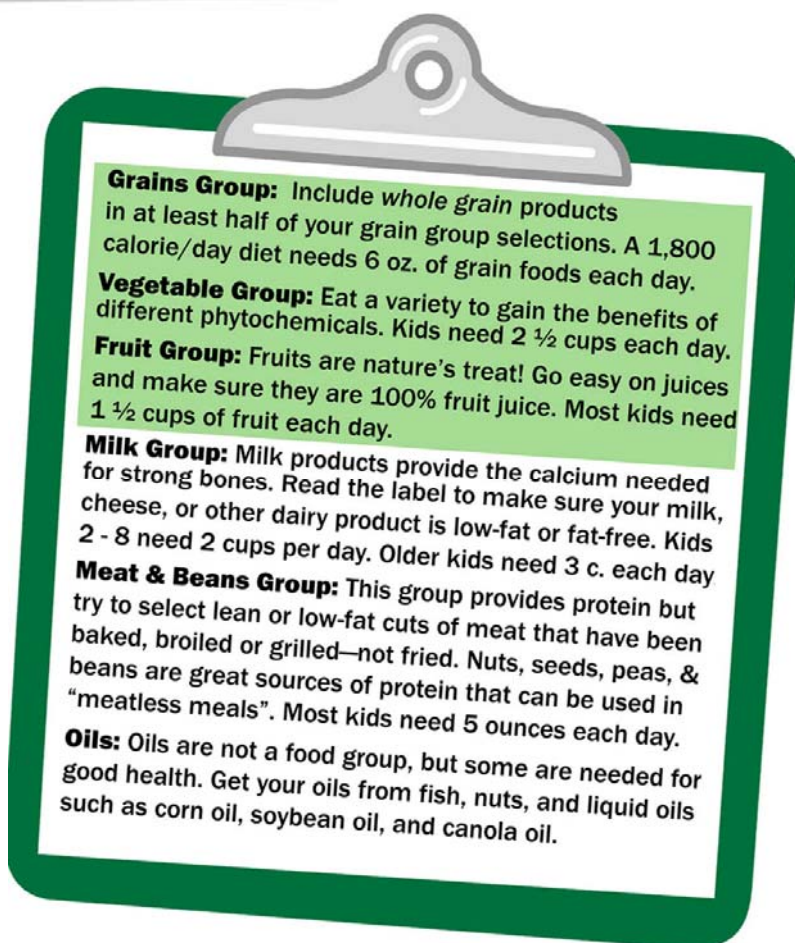
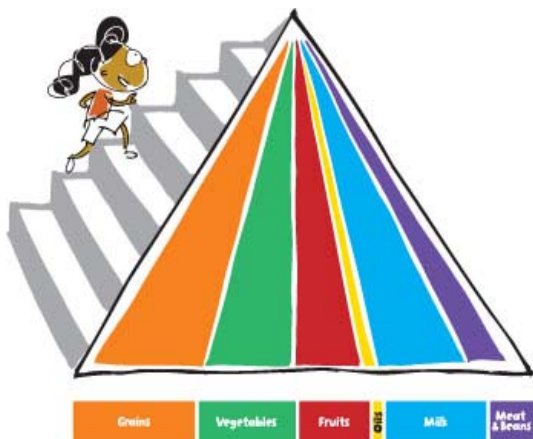


## Before the Lesson

The origin of any given food, from hamburger to oil, can be traced back to the first three sections on the left side of MyPyramid that are all derived from plants. They are the grains, vegetables, and fruits groups. The meat group also includes some plant-derived foods but most items are animal sources.

MyPyramid divides food into six classifications or groups and shows the recommended daily servings for each food group. The food groups that should be eaten in the greatest quantities are the groups that represent the largest slices of the pyramid. The foods that should be eaten sparingly are represented by narrow slices of the pyramid. MyPyramid also stresses the importance of physical activity in a healthy lifestyle.

By using MyPyramid online you can customize your diet for your age, your sex, and your physical activity level. Each person has individual dietary needs.



## Remember 1, 2, 3 & 4

1. Fats and sugars should be used in moderation.
2. Limit solid fats as well as foods that contain them.
3. Choose food and beverages that are low in added sugars.
4. Aim for at least 60 minutes of physical activity each day.

Remember, to have a healthful, well-balanced diet, it is important to eat a variety of foods and balance the diet with the recommended number of servings from each food group.

## Let the Fun begin!

Ask the junior gardeners if they know that hamburgers come from plants. Have them imagine what a hamburger plant might look like. Ask volunteers to describe it to you and assign them to draw what they think a hamburger plant looks like.

Explain that hamburgers really do come from plants but there is not such thing as a *hamburger plant*! Ask them to call out the ingredients found in hamburgers and write the ingredients on a chalkboard or poster. Tell them you will underline any word that names a plant. Go through each ingredient on the list that is not a plant and ask them where it comes from. Besides the ingredient, write where it originates until you find a link to plants.

### Did you know?!

Over half of MyPyramid include foods derived directly from plant sources, plants play a key role in the human diet!



buns	→	flour	→	<u>wheat</u>
meat	→	cows	→	feed on <u>grass, hay, grain</u>
cheese	→	dairy products	→	cows → feed on <u>grass, hay, grain</u>
<u>lettuce</u>				
<u>tomato</u>				
<u>pickles</u>				
<u>onion</u>				
mayonnaise	→	eggs	→	chickens → feed on <u>grain</u>
		vegetable oil	→	<u>peanut, olive, corn, canola</u>
mustard	→	<u>mustard seed</u>		
ketchup	→	<u>tomato</u>		



Ask learners if they have ever seen a pyramid. Tell them that the most famous pyramids in the world are in Egypt and they are believed to be more than 4,000 years old. The pyramids were built without the help of power tools. All the labor was done by hand.

Hand out copies of MyPyramid for Kids Worksheet. Share with the learners about the pyramids in Mexico and Central America that were built by the Mayans and Aztecs. These pyramids were built with stairs so that you could climb to the top. MyPyramid also has stairs.

Explain that the stairs on MyPyramid represent physical activity. The poster shows many kinds of physical activity. Part of being healthy is to be physically active. Point out that one great way to have fun being active outdoors is through gardening. Have students describe some of the ways they stay active.




Ask if they have noticed that some of the slices of the pyramid are wider than others? The different sizes remind us to choose more foods from the food groups that have the widest slices.

Together the Grains Group (orange slice), Vegetables Group (green slice), and Fruits Group (red slice) represent over one half of the volume of MyPyramid. The Milk Group is represented by the blue slice, the Meats & Beans group is represented by the purple slice, and the narrow yellow slice is the Oils Group. Have the learners color in the sections of their MyPyramid and label the sections.

Next use the following questions to lead a discussion of what we learn from *MyPyramid*:



1. **What is the largest section of the pyramid? *grains***
2. **What is the smallest section at the top of the MyPyramid? *oils***
3. **Why do you think that certain foods are in big sections and some are in smaller sections? *The bigger sections show foods that we should eat in larger amounts and the smaller sections show foods we should eat in smaller quantities.***
4. **Have learners call out examples of foods from each group.**
5. **Who should follow MyPyramid carefully? *Everyone!***
6. **Fruits and vegetables have their own sections on the MyPyramid – where are nuts located? *meats and beans***
7. **How do we know how much of each food group we should eat? *See the MyPyramid for Kids Poster (advanced version).***



**In the Classroom**

Pass out the MyPyramid for Kids “Food Math” worksheet. Challenges students to use what they have learned and use the worksheet to create three meals that meet the MyPyramid recommendations. As they plan the menu, they must use the items listed on the page.

In a discussion about the choices students made, ask the group if they have any influence over their families meal choices. Encourage students to go with a parent on their family's next grocery store trip. Challenge them to think about how they will share their meal plan and encourage their parents purchase items needed for the health balanced meal!

To customize your diet, visit [www.mypyramid.gov](http://www.mypyramid.gov). For educational purposes some MyPyramid posters show the daily recommended servings for an individual requiring a 1,800 calorie/day diet.