

Build a Healthy Lunch Tray: Build a Healthy Body



Note: Information and ideas used in this lesson were obtained from www.mypyramid.gov Visit the website for additional lessons, ideas and materials.

Grade Level: 2nd grade - 4th grade

Lesson Overview

Children need to eat a variety of foods and participate in daily physical activity to grow up healthy. Recently, the U.S. Department of Agriculture (USDA) developed the MyPyramid Food Guidance System that provides specific recommendations for making good food choices based on the 2005 Dietary Guidelines for Americans. This lesson uses *MyPyramid for Kids* and related materials to teach children how to make good food choices in the cafeteria.

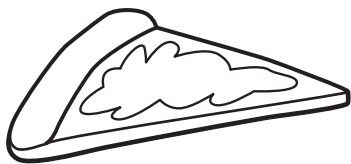
Objective

Students will be able to:

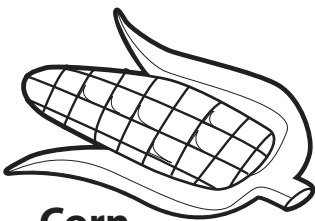
- Identify the 5 food groups and separate foods into them
- Understand that each group gives our bodies something special for growth
- Place foods served in the cafeteria into the appropriate food group
- Demonstrate a physical activity that illustrates the importance of being active as part of a healthy lifestyle

Materials and Advance Preparation

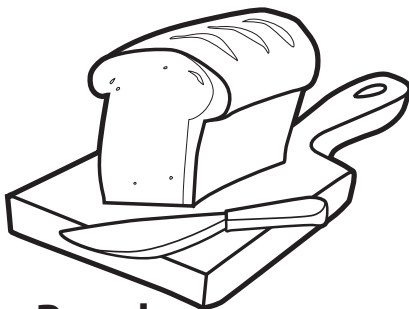
- Review lesson and prepare necessary materials
- *MyPyramid for Kids* black-and-white handout for each student (you can order a *MyPyramid for Kids* classroom poster on www.mypyramid.gov)
- Lunch tray black line
- Students will need crayons
- Copy of current lunch menu
- Demonstration tray with food (optional)



Cheese Pizza



Corn



Bread

Build a Healthy Lunch Tray/Build a Healthy Body Lesson

- Distribute *MyPyramid for Kids* handout to each student
- Hang the classroom poster if you ordered it
- Ask students to describe everything they see on the poster
- Check students' understanding through their responses (kids exercising, pictures of food, triangle, stripes, stairs)
- Identify each of the five food groups and the color that represents that group (Grains/Orange, Vegetables/Green, Fruits/Red, Milk/Blue, Meat & Beans/Purple)
- Explain to the students that we need to eat these foods often to be healthy and grow (these are the foods we should *always* eat)
- Ask the students if they know why foods such as candy, cookies and soda are not listed (these foods may taste good, but do not help our bodies grow and be healthy, so they are foods we only eat *sometimes*)
- Remind students that if we eat too many "sometimes" foods, we are not hungry for the foods that help us to grow
- **Note: For the older students, you can point out the oils category and explain that the line is skinny. Although it is not a food group we need a small amount in our diets. Good sources are olive oil, corn, soybean and canola oils.**

Classroom Activity #1

For older students, you can do the following activity together.

- You identify food group and benefit, students *complete activity*

Food Group	Benefit	Activity
Grains	Energy	Have students run in place
Fruits and Vegetables	Healthy hair/skin cell repair	Touch hair and feel smooth skin
Milk	Strong bones and teeth	Have students smile and say "cheese" to show teeth
Meat and Beans	Muscles	Have students show muscles

- Write one of your menus on the chalkboard. Review each of the items listed and ask the students to identify the food group it belongs to.

Remind students that many nutritious foods are offered each day. Students need to choose a variety of foods and eat them daily to help their bodies grow. If they *take* them and don't *eat* them, the foods don't help them!

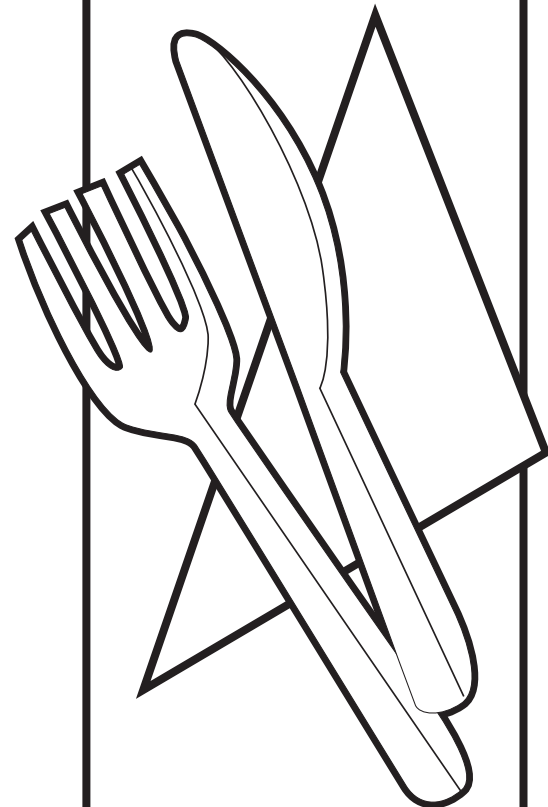
- Emphasize the importance of choosing fruits/vegetables
- Ask students how many of them take milk every day. How many drink the milk?
- Educate students about which products are whole grains
- Ask students why there are steps on the side of the pyramid (represent exercise)
- Why is exercise important? (to be healthy)
- Ask students to name things that they do for exercise (walking the dog, running, sports)

Classroom Activity #2

- Distribute the Lunch Tray black line
- Instruct students to draw their favorite lunch using at least 3 foods from different food groups. (To older students explain that foods such as pizza are combination foods because they are made from more than one food group.)

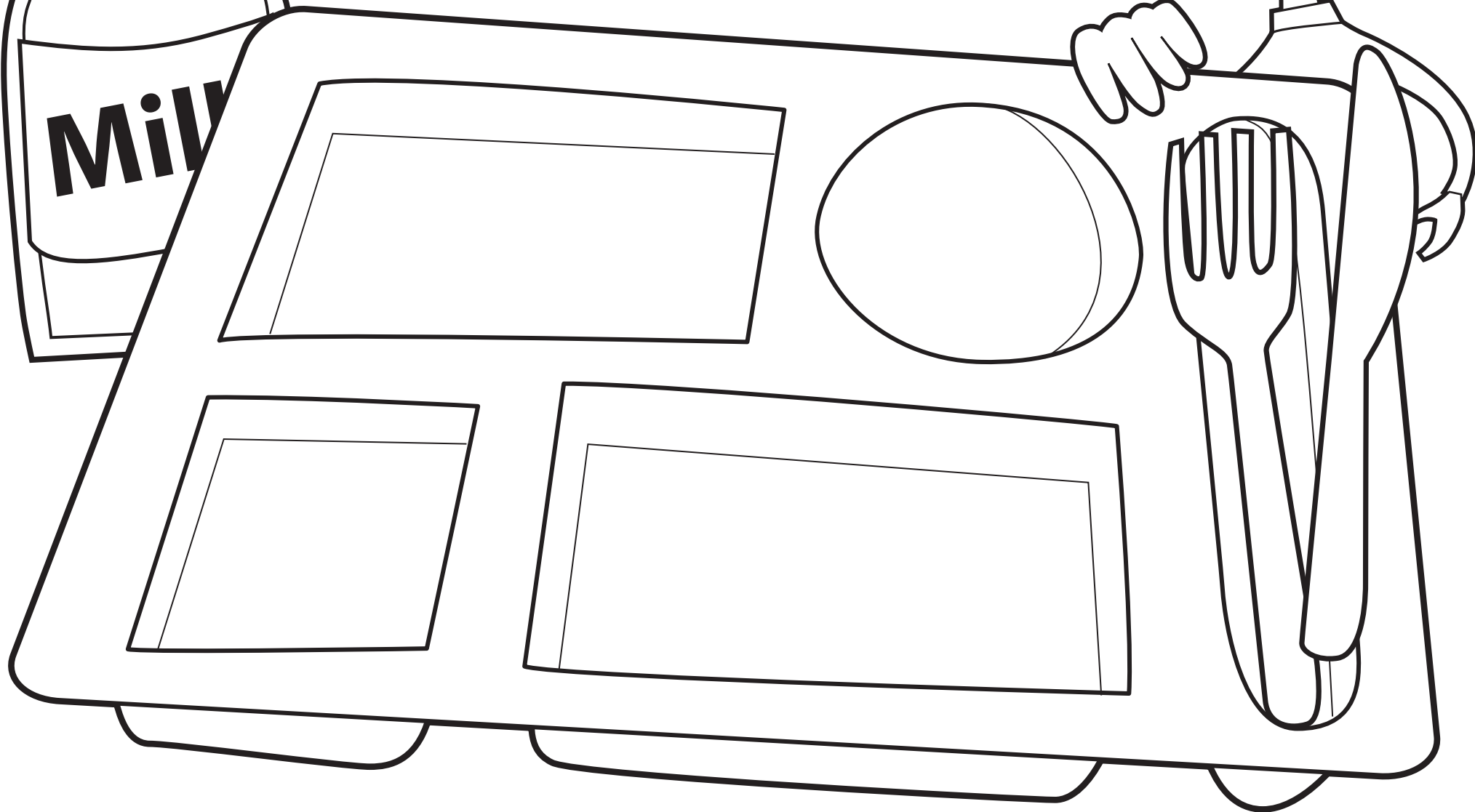
Going Further Activities

- Choose a class to work with you to write a menu. When the menu is published, identify the class who wrote it.
- Taste-Test Tuesday: While students stand in line for their lunches, they can look at the new food on display for this week's "taste test." The display can contain the name of the food group, what it does for the body to grow, serving ideas and country of origin. Students each receive a sample of the new food.



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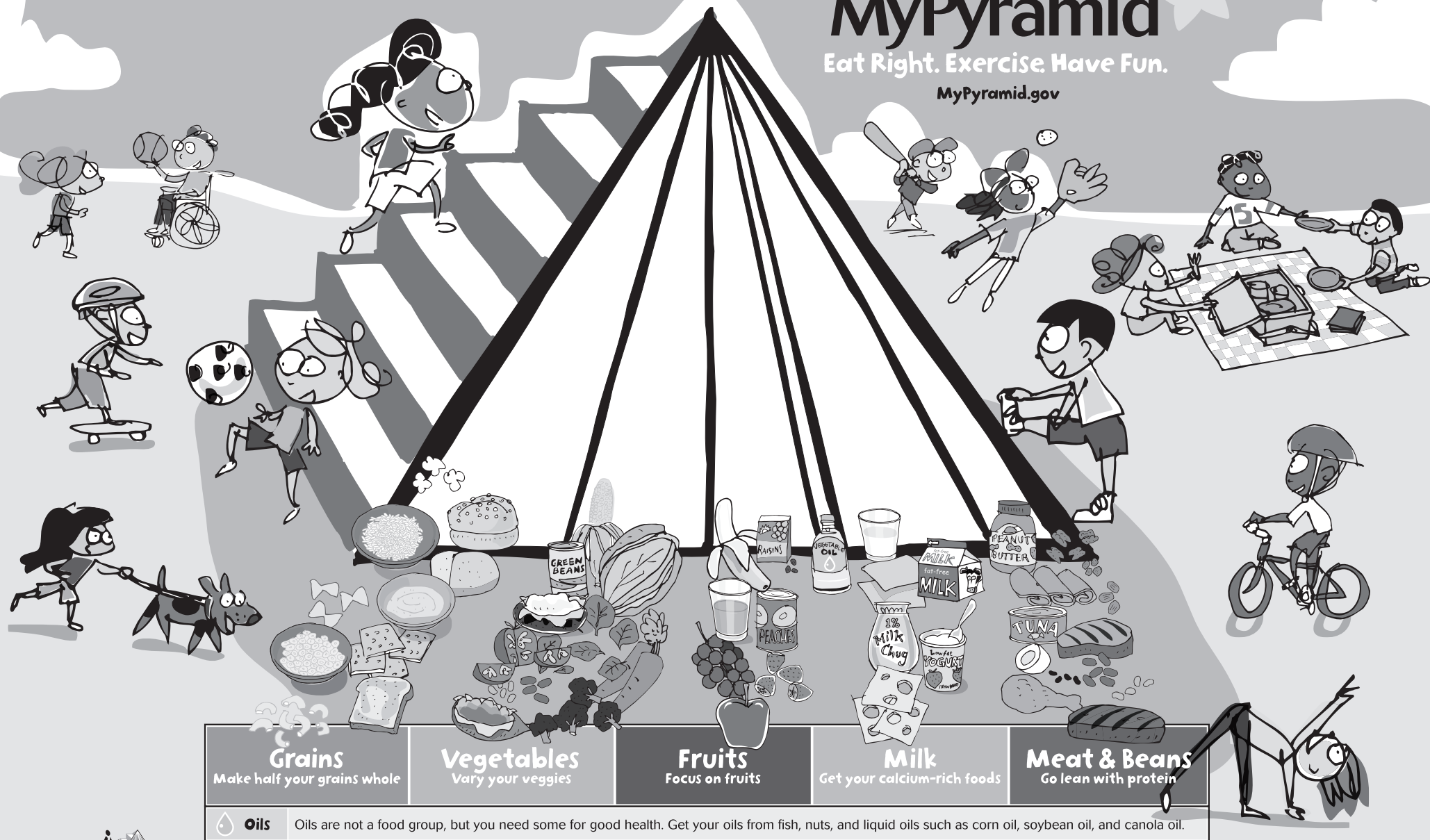
Draw your favorite lunch using at least 3 foods from different food groups.



MyPyramid For Kids

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