

Food Pyramid Pocket Chart & Card Set

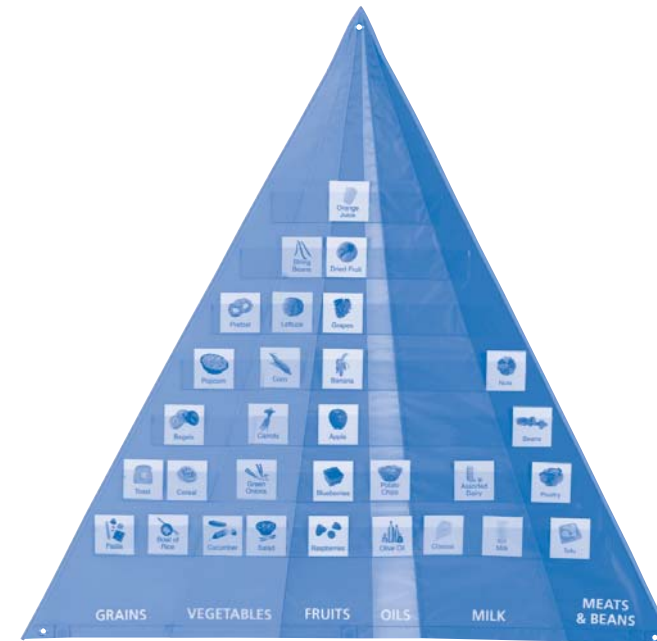
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This rainbow-colored Food Pyramid Pocket Chart was designed to make teaching healthy eating habits fun! It is a visual guide to a balanced diet, suggesting we eat more foods from the wider sections of the pyramid. Each colored section of the chart represents one of the food groups. Remember that a balanced diet includes foods from every group!

- Orange – Grains
- Yellow – Oils
- Green – Vegetables
- Blue – Milk
- Red – Fruits
- Purple – Meat & Beans

Use the 95 real photographic food and word cards included to fill the pocket chart. Each food card has the food's name printed on the front and the name of its food group printed on the back, allowing students to quiz each other or check their own work by flipping over the card. The back of each food card is also color coded to match the food group.



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The Food Guide Pyramid

The Five Basic Food Groups (Oils is considered a "non-group" because these foods should be consumed sparingly – it is not necessary to deliberately eat them because you obtain these nutrients by eating healthier foods from other food groups.)

- **Grains**— This group includes rice, cereals, pasta, oatmeal, breads, rolls, and crackers. Foods from this group should make up a large portion of our diets.
- **Vegetables**— The veggie group includes carrots, radishes, celery, asparagus, lettuce, cabbage, broccoli, cauliflower, peas, and beans.
- **Fruits**— Colorful fruits like strawberries, oranges, grapes, pears, bananas, watermelon, and unsweetened fruit juices make up this yummy food group.
- **Oils**— This "non-group" of foods contains items that should be consumed infrequently: candy, soda pop, butter, salad dressing, mayonnaise, cookies, and French fries.
- **Milk**— This food group includes milk, cheese, yogurt, butter, and ice cream. Go low fat or fat-free whenever possible.
- **Meat & Beans**— This protein rich food group includes meat, poultry, fish, dried beans, eggs, nuts, and peanut butter. Vegetarians often get protein from soy products, like tofu and soymilk.
- **Physical Activity**— In order to have a balanced life style it is essential to make sure you stay physically active. The steps on the side of the Food Pyramid, with the person climbing them, is a reminder of the importance of daily physical activity.

For more information please visit www.mypyramid.gov

Activities

Favorite Foods

Have the children pick their five favorite foods from the pocket chart cards and place them where they belong on the chart.

ABC's of Nutrition

Ask Children to name a healthy food or drink beginning with each letter of the alphabet. In which part of the pyramid do these foods belong?

A Healthy Start

Have the children plan a balanced family breakfast. Use the Food Pyramid Pocket Chart as a visual guide to help. For each food card they choose, have them place the card in the corresponding section of the Food Pyramid. Once the children feel that they are finished, discuss as a class the choices they made for the balanced breakfast. Help them find healthy replacements for foods if needed.

Food To Go

Have the children plan a picnic. Lay out all the pocket chart cards and have them pick out food cards that provide enough energy for a full day of activity. Once they are finished have them place the cards in the pocket chart to help determine if it is a balanced picnic.

Look at the Label

Discuss nutrition labeling with older children. Encourage them to look at the labels of their favorite cereals, snacks, etc. Explain that ingredients are listed according to their proportions in the food-from most to least. A cereal that lists sugar first has more sugar than anything else. Chips and fried snack foods will probably have oil and salt close to the top. Also look at labels of healthy foods; what appears at the top of the list?

Healthy Harvest

Many children believe food comes directly from the grocery store. Discuss with the children where foods come from. Do they know carrots and potatoes grow beneath the ground? Do they know nuts grow on trees? Do they know where butter and cheese come from?