



Grade 1

An Integrated Nutrition Curriculum

Developed by the North Carolina
Nutrition Education and Training Program
January 2007

State of North Carolina ♦ Michael F. Easley, Governor
Department of Health and Human Services
Carmen Hooker Odom, Secretary
Division of Public Health ♦ Nutrition Services Branch
Leah Devlin, DDS, MPH, State Health Director
www.ncdhhs.gov ♦ www.nutritionnc.com



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) nor (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



Food for Thought: Grade 1

Welcome to **Food for Thought**, a K-5 curriculum that allows you to teach the nutrition objectives of the Healthful Living Standard Course of Study while integrating the concepts of healthy eating and physical activity into Math and English Language Arts. The matrix summarizes the objectives addressed in each lesson. The lessons flow best when presented in the order listed.

Effective nutrition education can motivate and enable students to adopt healthful dietary patterns and healthy lifestyles. **Food for Thought** will allow you to deliver effective nutrition education. There are many benefits for students who are well nourished and physically active. These include:

- Improved attendance
- Improved energy level
- Improved participation
- Improved behavior
- Improved test scores
- Improved academic success
- Reduced fatigue
- Reduced irritability
- Reduced apathy
- Reduced anxiety
- Reduced infections
- Reduced absences

Each lesson in **Food for Thought** includes the following sections:

- **Objectives:** Healthful Living, Math and English Language Arts objectives
- **Teacher Resources:** background information to help prepare the lesson is included
- **Materials Needed:** additional items have been kept to a minimum
- **Handouts:** all student handouts are included with this packet
- **Focus:** an activity designed to get students focused on the topic to be covered in the lesson
- **Teacher Input:** material to be presented by the teacher
- **Practice and Assessment:** handouts and activities to be completed by students

Lesson	Teacher Resources	Handouts
MyPyramid	<ul style="list-style-type: none"> • Teaching MyPyramid • Anatomy of MyPyramid • MyPyramid Mini-poster • MyPyramid for Kids 	<ul style="list-style-type: none"> • Match the Food to Its Group • Time and Activity • Pyramid Go Fish
Whole Grains, Fruits and Vegetables, Low-fat Dairy	<ul style="list-style-type: none"> • Teaching MyPyramid • What Foods are in the Grain Group? • What Foods are in the Fruit Group? • What Foods are in the Vegetable Group? • Beverage Choices: Which Do You Drink? • Cut the Fat: Mooove to 1% or Less 	<ul style="list-style-type: none"> • Many-Grain Bread • Fruit and Vegetable Math Workout • A Moooving Story about Milk • My Favorite Foods
Focus on Fruits, Vary Your Veggies	<ul style="list-style-type: none"> • What Foods are in the Fruit Group? • What Foods are in the Vegetable Group? • Teaching MyPyramid • MyPyramid for Kids 	<ul style="list-style-type: none"> • Jennie's Garden • My Imaginary Garden • Fruits and Vegetables: First Letters

Food for Thought

Healthful Living/Math/English Language Arts Objectives

Quick Reference



Lesson Plan	Healthful Living	Math	English Language Arts
Kindergarten			
MyPyramid: Eat a Variety of Foods	4.01	1.01, 3.01, 5.01	3.01, 3.02
Around the World with Food	4.02	-----	Goal 1
Building Strong Bones and Teeth	4.03, 4.04	-----	Goal 1
Moooving over to Low-fat Milk	4.03	1.01, 2.01, 4.02	-----
From Farm to Table	4.04	1.01, 5.01	3.01, 3.02, 4.04
Grade 1			
MyPyramid	4.01, 4.02	2.02	3.04, 4.04
Whole Grains, Fruits and Vegetables and Low-fat Dairy	4.03	1.03, 5.03	2.07, 2.08, 3.03, 3.05
Focus on Fruits and Vary Your Veggies	4.04	5.01	1.02
Grade 2			
MyPyramid for Kids	4.01, 4.02	Goal 2	Goal 4
Breakfast Builds Brains	4.05	1.02, 2.02	1.03, 2.01
Healthy Choices, Healthy Lifestyles	4.04	-----	Goal 1, 2.01, Goal 5
The Very Hungry Kid	4.03	-----	2.02, 2.03, 2.04, 2.06, 3.01, 3.03, 3.04
Grade 3			
What's in My Drink?	4.01, 4.02, 4.03, 4.05	1.01, 2.02, 4.01	1.04, 3.05, 5.02, 5.03
Moooving to Low-fat Milk	4.02, 4.03, 4.05	4.01	2.03, 3.05, 4.02
Sugar Seekers	4.02	2.02, 4.01	3.05, 4.02
Don't Forget Breakfast	4.04	-----	3.05, 4.02
Portions and Servings	4.05	2.01, 2.02	4.02
Grade 4			
The Digestive System	4.01	1.01	Goal 4
Keeping Food Safe to Eat	4.02	1.02, 1.05, 5.01	1.01, 1.03, 1.05, 3.06, 4.06, 4.07, 4.10
Food Labels and Serving Sizes	4.03	1.02, 1.05, 4.01	Goal 2
Planning Healthy Meals and Snacks	4.04	1.01, 1.02, 4.02, 4.03	4.02
Portion Sizes	4.05	1.02, 1.03, 2.01, 2.02, 4.03	-----
Water, Water Everywhere	4.07	1.02, 1.03, 4.02	3.05
Tuning in to Good Nutrition	4.08	-----	3.04, 3.05
Grade 5			
Healthy Choices - Part 1	4.01	1.01, 4.01	1.03, 2.02, 2.03
Healthy Choices - Part 2	4.02	1.01, 4.01	1.03, 2.02, 2.03
Food and Culture	4.03	-----	1.01, 1.03, 1.04, 2.09
Ad Savvy	4.04	4.01	3.04, 3.07
Healthy Body, Healthy Mind	4.06	2.01	2.09
Walk with Me	4.07	1.02, 1.03	4.03

Teacher Resources

Grade 1

Teaching MyPyramid
Anatomy of MyPyramid
MyPyramid Mini-poster
MyPyramid for Kids
What Foods are in the Grain Group?
What Foods are in the Fruit Group?
What Foods are in the Vegetable Group?
Beverage Choices: Which Do You Drink?
Cut the Fat: Mooove to 1% or Less

Teaching MyPyramid

MyPyramid is one way for people to understand how to eat healthfully. A rainbow of colored, vertical stripes represents the five food groups plus fats and oils. Here's what the colors stand for:

- orange - grains
- green - vegetables
- red - fruits
- yellow - fats and oils
- blue - milk and dairy products
- purple - meat, beans, fish, and nuts

The U.S. Department of Agriculture (USDA) changed the pyramid in spring 2005 because they wanted to do a better job of telling Americans how to be healthy. The agency later released a special version for kids. Notice the girl climbing the staircase up the side of the pyramid? That's a way of showing kids how important it is to exercise and be active every day. In other words, play a lot! The steps are also a way of saying that you can make changes little by little to be healthier – one step at a time.

The Pyramid Speaks

Let's look at some of the other messages this new symbol is trying to send:

Eat a variety of foods. A balanced diet is one that includes all the food groups. In other words, have foods from every color, every day.

Eat less of some foods and more of others. You can see that the bands for meat and protein (purple) and oils (yellow) are skinnier than the others. That's because you need less of those kinds of foods than you do of fruits, vegetables, grains and dairy foods.

You also can see the bands start out wider and get thinner as they approach the top. That's designed to show you that not all foods are created equal, even within a healthy food group like fruit. For instance, apple pie might be in that thin part of the fruit band because it has a lot of added sugar and fat. A whole apple would be down in the wide part because you can eat more of those within a healthy diet.

Make it your own. Through the USDA's MyPyramid website (www.mypyramid.gov), people can get personalized recommendations about the mix of foods they need to eat and how much they should be eating. There is a kids' version of the website (www.mypyramid.gov/kids) available too.

How Much Do I Need to Eat?

Everyone wants to know how much they should eat to stay healthy. It's a tricky question, though. It depends on your age, whether you're a girl or a boy, and how active you are. Kids who are more active burn more calories, so they need more calories. But we can give you some ideas for how much you need of each food group.

Grains

Bread, cereal, rice, pasta, oatmeal, pancakes and tortillas are some foods in the grain group. Foods in the grains group give our bodies and our brains energy we need to move and think. Grain servings are measured in ounce equivalents. Ounce equivalents are just another way of showing a serving size. Here are ounce equivalents for common grain foods. An ounce equivalent equals:

- 1 piece of bread
- ½ cup of cooked cereal, like oatmeal
- ½ cup of rice or pasta
- 1 cup of cold cereal

This is how many grain ounce equivalents kids need each day:

- 4- to 8-year-olds need 4-5 ounce equivalents each day
- 9- to 13-year-old girls need 5 ounce equivalents each day
- 9- to 13-year-old boys need 6 ounce equivalents each day

And one last thing about grains: try to eat a lot of whole grains, such as 100% wheat bread, brown rice and oatmeal.

Vegetables

Of course, you need your vegetables, especially those dark green and orange ones. Vegetables are all different colors and provide us with lots of vitamins, minerals and fiber. Our bodies use these vitamins, minerals and fiber to keep us healthy and give us energy. They also can help protect us from getting sick. It's important to eat vegetables of all different colors so we can get as much of the good stuff as possible. But how much is enough? Vegetable servings are measured in cups. This is how many vegetables kids need each day:

- 4- to 8-year-olds need 1½ cups of veggies each day
- 9- to 13-year-old girls need 2 cups of veggies each day
- 9- to 13-year-old boys need 2½ cups of veggies each day

Fruits

Sweet, juicy fruit is definitely part of a healthy diet. Just like vegetables, fruits are all different colors and provide us with lots of vitamins, minerals and fiber. Our bodies use these vitamins, minerals and fiber to keep us healthy and give us energy. They also can help protect us from getting sick. It's important to eat fruits of all different colors so we can get as much of the good stuff as possible. But how much is enough? Fruit servings are measured in cups. This is how many fruits kids need each day:

- 4- to 8-year-olds need 1-1½ cups of fruit each day
- 9- to 13-year-old girls need 1½ cups of fruit each day
- 9- to 13-year-old boys need 1½ cups of fruit each day

Milk and Other Calcium-Rich Foods

Milk, smoothies, yogurt, cheese, milkshakes, ice cream and cottage cheese are some of the foods in this group. Dairy products give us calcium and protein and help make our teeth and bones strong. Dairy products are measured in cups. This is how much dairy kids need each day:

- 4- to 8-year-olds need 1-2 cups of milk (or another calcium-rich food) each day
- 9- to 13-year-old girls need 3 cups of milk (or another calcium-rich food) each day
- 9- to 13-year-old boys need 3 cups of milk (or another calcium-rich food) each day

If you want something other than milk, you can substitute yogurt, cheese, or calcium-fortified orange juice - just to name a few.

Meats, Beans, Fish, and Nuts

These foods contain protein, iron and lots of other important nutrients. Meats like beef and pork are in this group. Fish, chicken, eggs, beans, nuts and seeds are also in this group. Dried peas and beans are included in the meat group because they are a source of protein. Like grains, these foods are measured in ounce equivalents. An ounce equivalent of this group would be:

- 1 ounce of meat, poultry, or fish
- ¼ cup cooked dry beans
- 1 egg
- 1 tablespoon of peanut butter
- a small handful of nuts or seeds

This is how many meat ounce equivalents kids need each day:

- 4- to 8-year-olds need 3-4 ounce equivalents each day
- 9- to 13-year-old girls need 5 ounce equivalents each day
- 9- to 13-year-old boys need 5 ounce equivalents each day

Oils

Oils are not a food group, but you need some for good health. It is best to get your oils from fish, nuts and liquid oils such as corn oil, soybean oil and canola oil.

Find Your Balance between Food and Fun

Move more. The person climbing the stairs reminds you to do something active every day. You can run, walk the dog, play, swim, ride your bike, dance, rollerblade or even climb the stairs. It all counts! Kids should aim for at least 60 minutes every day.

Anatomy of MyPyramid

One size doesn't fit all

USDA's new MyPyramid symbolizes a personalized approach to healthy eating and physical activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active every day. The different parts of the symbol are described below.

Activity

Activity is represented by the steps and the person climbing them, as a reminder of the importance of daily physical activity.

Moderation

Moderation is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.

Personalization

Personalization is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at MyPyramid.gov.

Proportionality

Proportionality is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions. Check the Web site for how much is right for you.

Variety

Variety is symbolized by the 6 color bands representing the 5 food groups of the Pyramid and oils. This illustrates that foods from all groups are needed each day for good health.

Gradual Improvement

Gradual improvement is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.



MyPyramid.gov
STEPS TO A HEALTHIER YOU

GRAINS

VEGETABLES

FRUITS

OILS

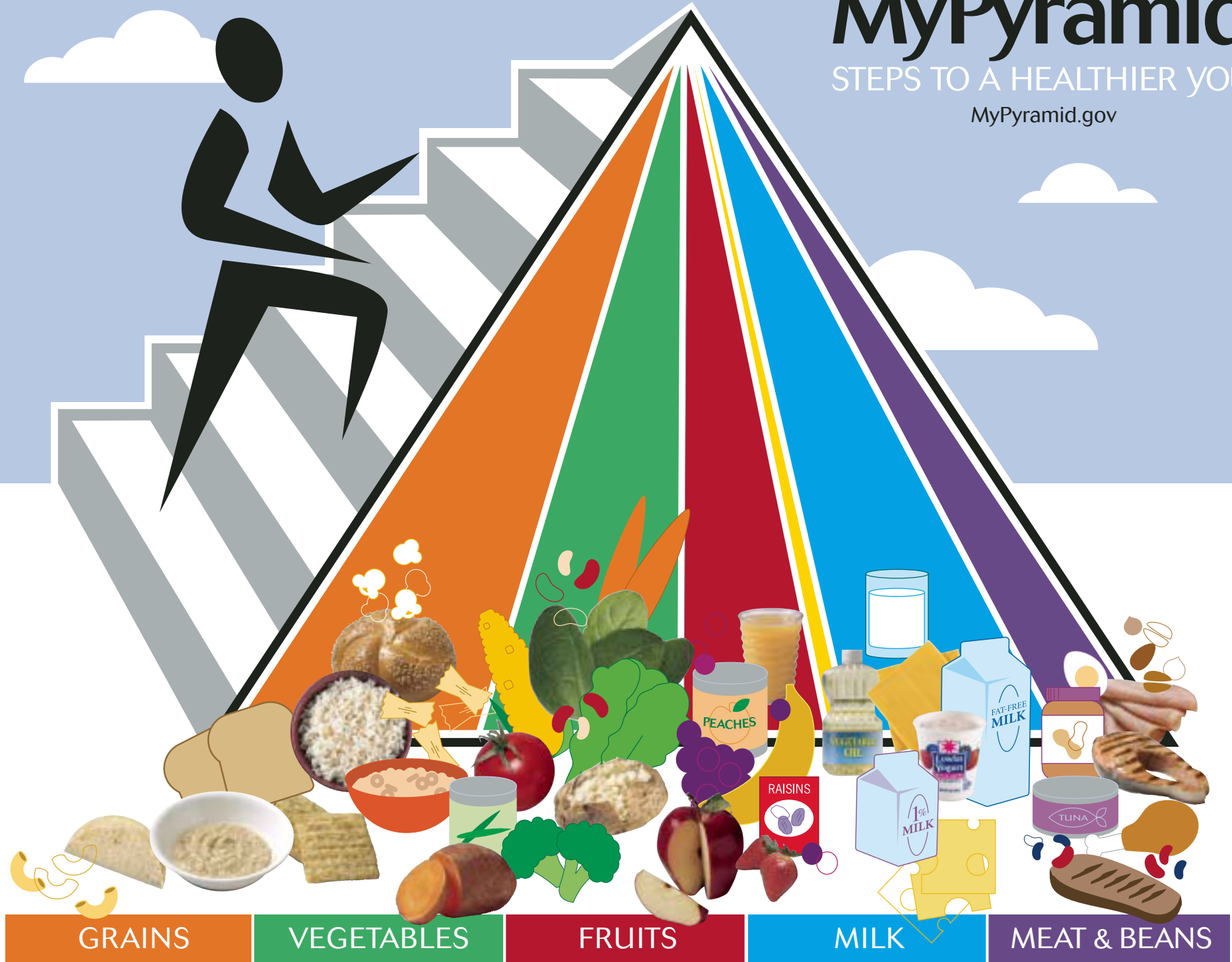
MILK

MEAT &
BEANS

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



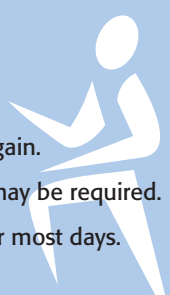
GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Go lean with protein
<p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta</p>	<p>Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweetpotatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine – choose more fish, beans, peas, nuts, and seeds</p>

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 8, it's 2	Eat 5 1/2 oz. every day
---------------------	--------------------------	----------------------	---	-------------------------


Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.




U.S. Department of Agriculture
 Center for Nutrition Policy and Promotion
 April 2005
 CNPP-15



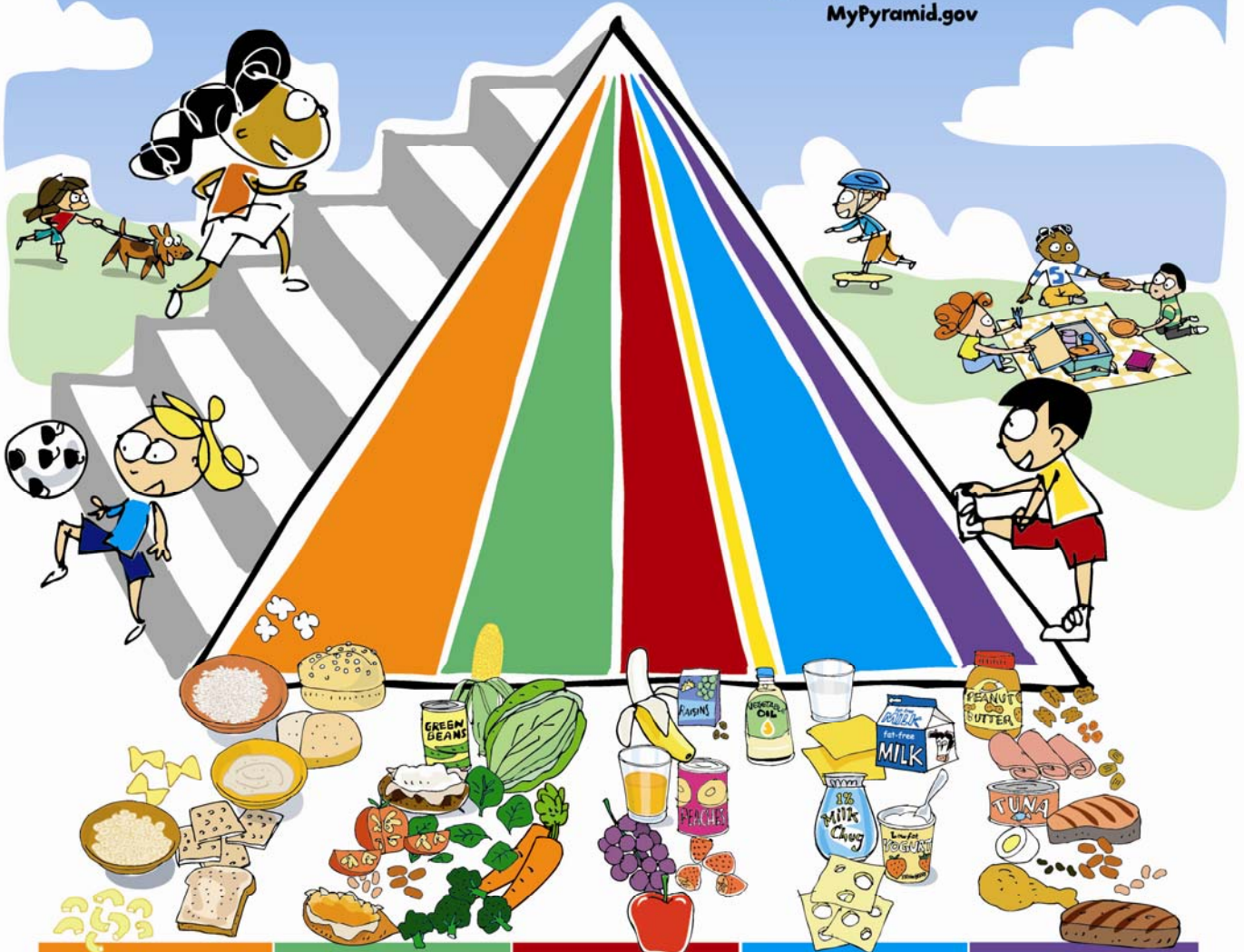
USDA is an equal opportunity provider and employer.

MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains
Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

Vegetables
Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.

Fruits
Focus on fruits

Fruits are nature's treats – sweet and delicious.

Go easy on juice and make sure it's 100%.

Milk
Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.

Meat & Beans
Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled – not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day;
at least half should be whole

Eat 2 1/2 cups every day

Eat 1 1/2 cups every day

Get 3 cups every day;
for kids ages 2 to 8, it's 2 cups

Eat 5 oz. every day

Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Fats and sugars – know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.



What foods are in the grain group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas and grits are examples of grain products.



Grains are divided into 2 subgroups, **whole grains** and **refined grains**.

Whole grains contain the entire grain kernel -- the bran, germ, and endosperm. Examples include:

- whole-wheat flour
- bulgur (cracked wheat)
- oatmeal
- whole cornmeal
- brown rice

Refined grains have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron and many B vitamins. Some examples of refined grain products are:

- white flour
- degermed cornmeal
- white bread
- white rice

Most refined grains are *enriched*. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grains and refined grains. Some commonly eaten grain products are:

Whole grains:

brown rice
buckwheat
bulgur (cracked wheat)
oatmeal
popcorn

Ready-to-eat breakfast cereals:

whole wheat cereal flakes
muesli

whole grain barley
whole grain cornmeal
whole rye
whole wheat bread
whole wheat crackers
whole wheat pasta
whole wheat sandwich buns and rolls
whole wheat tortillas
wild rice

Less common whole grains:

amaranth
millet
quinoa
sorghum
triticale

Refined grains:

cornbread*
corn tortillas*
couscous*
crackers*
flour tortillas*
grits
noodles*

*Pasta**
spaghetti
macaroni

pitas*
pretzels

Ready-to-eat breakfast cereals

corn flakes

white bread
white sandwich buns and rolls
white rice.

*Most of these products are made from refined grains. Some are made from whole grains. Check the ingredient list for the words “whole grain” or “whole wheat” to decide if they are made from a whole grain. Some foods are made from a mixture of whole and refined grains. Some grain products contain significant amounts of bran. Bran provides fiber, which is important for health. However, products with added bran or bran alone (e.g., oat bran) are not necessarily whole grain products.

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Health benefits

- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.
- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating at least 3 ounce equivalents a day of whole grains may help with weight management.
- Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

Nutrients

Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).

- Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories. Whole grains are good sources of dietary fiber; most refined (processed) grains contain little fiber.
- B vitamins (thiamin, riboflavin, niacin, and folate) play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

How many grain foods are needed daily?

The amount of grains you need to eat depends on your age, sex, and level of physical activity. Recommended daily amounts are listed in the chart. Most Americans consume enough grains, but few are whole grains. At least ½ of all the grains eaten should be whole grains.

		Daily Recommendation*	Daily Minimum Amount of Whole Grains
Children	2-3 years old	3 ounce equivalents	1½ ounce equivalents
	4-8 years old	4 - 5 ounce equivalents	2 – 2½ ounce equivalents
Girls	9-13 years old	5 ounce equivalents	3 ounce equivalents
	14-18 years old	6 ounce equivalents	3 ounce equivalents
Boys	9-13 years old	6 ounce equivalents	3 ounce equivalents
	14-18 years old	7 ounce equivalents	3½ ounce equivalents
Women	19-30 years old	6 ounce equivalents	3 ounce equivalents
	31-50 years old	6 ounce equivalents	3 ounce equivalents
	51+ years old	5 ounce equivalents	3 ounce equivalents
Men	19-30 years old	8 ounce equivalents	4 ounce equivalents
	31-50 years old	7 ounce equivalents	3½ ounce equivalents
	51+ years old	6 ounce equivalents	3 ounce equivalents

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What counts as an ounce equivalent of grains?

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. The chart lists specific amounts that count as 1 ounce equivalent of grains towards your daily recommended intake. In some cases the number of ounce-equivalents for common portions is also shown.

		Amount that counts as 1 ounce equivalent of grains	Common portions and ounce equivalents
Bagels	WG*: whole wheat RG*: plain, egg	1 "mini" bagel	1 large bagel = 4 ounce equivalents
Biscuits	(baking powder/ buttermilk—RG*)	1 small (2" diameter)	1 large (3" diameter) = 2 ounce equivalents
Breads	WG*: 100% Whole wheat RG*: white, wheat, French, sourdough	1 regular slice 1 small slice French 4 snack-size slices rye bread	2 regular slices = 2 ounce equivalents
Bulgur	cracked wheat (WG*)	½ cup cooked	
Cornbread	(RG*)	1 small piece (2½" x 1¼" x 1¼")	1 medium piece (2½" x 2½" x 1¼") = 2 ounce equivalents
Crackers	WG*: 100% whole wheat, rye RG*: saltines, snack crackers	5 whole wheat crackers 2 rye crispbreads 7 square or round crackers	
English muffins	WG*: whole wheat RG*: plain, raisin	½ muffin	1 muffin = 2 ounce equivalents
Muffins	WG*: whole wheat RG*: bran, corn, plain	1 small (2½" diameter)	1 large (3 ½" diameter) = 3 ounce equivalents
Oatmeal	(WG)	½ cup cooked 1 packet instant 1 ounce dry (regular or quick)	
Pancakes	WG*: Whole wheat, buckwheat RG*: buttermilk, plain	1 pancake (4 ½" diameter) 2 small pancakes (3" diameter)	3 pancakes (4 ½" diameter) = 3 ounce equivalents
Popcorn	(WG*)	3 cups, popped	1 microwave bag, popped = 4 ounce equivalents
Ready-to-eat breakfast cereal	WG*: toasted oat, whole wheat flakes RG*: corn flakes, puffed rice	1 cup flakes or rounds 1 ¼ cup puffed	
Rice	WG*: brown, wild RG*: enriched, white, polished	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Pasta-- spaghetti, macaroni, noodles	WG*: whole wheat RG*: enriched, durum	½ cup cooked 1 ounce dry	1 cup cooked = 2 ounce equivalents
Tortillas	WG*: whole wheat, whole grain corn RG*: Flour, corn	1 small flour tortilla (6" diameter) 1 corn tortilla (6" diameter)	1 large tortilla (12" diameter) = 4 ounce equivalents

*WG = whole grains, RG = refined grains. This is shown when products are available both in whole grain and refined grain forms.

Tips to help you eat whole grains

At Meals:

- To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.
- For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes and whole-wheat macaroni in macaroni and cheese.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Create a whole grain pilaf with a mixture of barley, wild rice, brown rice, broth and spices. For a special touch, stir in toasted nuts or chopped dried fruit.
- Experiment by substituting whole wheat or oat flour for up to half of the flour in pancake, waffle, muffin or other flour-based recipes. They may need a bit more leavening.
- Use whole-grain bread or cracker crumbs in meatloaf.
- Try rolled oats or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets, or eggplant parmesan.
- Try an unsweetened, whole grain ready-to-eat cereal as croutons in salad or in place of crackers with soup.
- Freeze leftover cooked brown rice, bulgur or barley. Heat and serve it later as a quick side dish.



As Snacks:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try a whole-grain snack chip, such as baked tortilla chips.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.



What to Look for on the Food Label:

- Choose foods that name one of the following whole-grain ingredients *first* on the label's ingredient list:

"brown rice"	"whole oats"
"bulgur"	"whole rye"
"graham flour"	"whole wheat"
"oatmeal"	"wild rice"
"whole-grain corn"	

 - Foods labeled with the words "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually *not* whole-grain products.
 - Color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Read the ingredient list to see if it is a whole grain.
- Use the Nutrition Facts label and choose products with a higher % Daily Value (%DV) for fiber – the %DV for fiber is a good clue to the amount of whole grain in the product.
- Read the food label's ingredient list. Look for terms that indicate added sugars (sucrose, high-fructose corn syrup, honey, and molasses) and oils (partially hydrogenated vegetable oils) that add extra calories. Choose foods with fewer added sugars, fats, or oils.
- Most sodium in the food supply comes from packaged foods. Similar packaged foods can vary widely in sodium content, including breads. Use the Nutrition Facts label to choose foods with a lower % DV for sodium. Foods with less than 140 mg sodium per serving can be labeled as low sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help you identify foods that contain less salt (or sodium).

Whole Grain Tips for Children

- Set a good example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.

What foods are in the fruit group?

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Some commonly eaten fruits are:



Apples
Apricots
Avocado
Bananas

Berries:
strawberries
blueberries
raspberries
cherries

Grapefruit
Grapes
Kiwi fruit
Lemons
Limes
Mangoes

Melons:
cantaloupe
honeydew
watermelon

Mixed fruits:
fruit cocktail

Nectarines
Oranges
Peaches
Pears
Papaya
Pineapple
Plums
Prunes
Raisins
Tangerines

100% Fruit juice:
orange
apple
grape
grapefruit

Why is it important to eat fruit?

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body.

Health benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as fruits that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most fruits are naturally low in fat, sodium, and calories. None have cholesterol.
- Fruits are important sources of many nutrients, including potassium, dietary fiber, vitamin C and folate (folic acid).
- Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help provide a feeling of fullness with fewer calories. *Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.*

- Vitamin C is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.

How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the chart. Recommended amounts are shown in the table below.

Children	2-3 years old	1 cup
	4-8 years old	1 to 1½ cups
Girls	9-13 years old	1 ½ cups
	14-18 years old	1½ cups
Boys	9-13 years old	1½ cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1½ cups
	51+ years old	1½ cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group.

Tips to help you eat fruits

In general:

- Keep a bowl of whole fruit on the table, counter or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.



- Make a Waldorf salad, with apples, celery, walnuts, and dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.

As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.



Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.



Fruit tips for children:

- Set a good example for children by eating fruit everyday with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches versus soda or other sugar-sweetened beverages.
- Choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice that are available in some fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.



Keep it safe:

- Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.



What foods are in the vegetable group?

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content. Some commonly eaten vegetables in each subgroup are:



Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale
mesclun
mustard greens
romaine lettuce
spinach
turnip greens
watercress

Orange vegetables

acorn squash
butternut squash
carrots
hubbard squash
pumpkin
sweet potatoes

Dry beans and peas

black beans
black-eyed peas
garbanzo beans (chickpeas)
kidney beans
lentils
lima beans (mature)
navy beans
pinto beans
soy beans
split peas
tofu (bean curd made from soybeans)
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes

Other vegetables

artichokes
asparagus
bean sprouts
beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
eggplant
green beans
green or red peppers
iceberg (head) lettuce
mushrooms
okra
onions
parsnips
tomatoes
tomato juice
vegetable juice
turnips
wax beans
zucchini

Why is it important to eat vegetables?

Eating vegetables provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Diets rich in foods containing fiber, such as fruits and vegetables, may reduce the risk of coronary heart disease.
- Eating fruits and vegetables rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help to decrease bone loss.
- Eating foods such as vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

How many vegetables are needed daily or weekly?

Vegetable choices should be selected from among the vegetable subgroups. It is not necessary to eat vegetables from each subgroup daily. However, over a week, try to consume the amounts listed from each subgroup as a way to reach your daily intake recommendation. The amount of vegetables you need to eat depends on your age, sex, and level of physical activity. Recommended total daily amounts are shown in the chart below.

Children	2-3 years old	1 cup
	4-8 years old	1½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2½ cups
Boys	9-13 years old	2½ cups
	14-18 years old	3 cups
Women	19-30 years old	2½ cups
	31-50 years old	2½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2½ cups

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

Tips to help you eat vegetables

In general:

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy vegetables that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots or grape tomatoes for a salad in minutes. Buy packages of such as baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly “zap” vegetables. White or sweet potatoes can be baked quickly this way.
- Vary your veggie choices to keep meals interesting.
- Try crunchy vegetables, raw or lightly steamed.

For the best nutritional value:

- Select vegetables with more potassium often, such as sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Sauces or seasonings can add calories, fat, and sodium to vegetables. Use the Nutrition Facts label to compare the calories and % Daily Value for fat and sodium in plain and seasoned vegetables.
- Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.
- Buy canned vegetables labeled “no salt added.” If you want to add a little salt it will likely be less than the amount in the regular canned product.

At meals:

- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Try a main dish salad for lunch. Go light on the salad dressing.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.



- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.



Make vegetables more appealing:

- Many vegetables taste great with a dip or dressing. Try a low-fat salad dressing with raw broccoli, red and green peppers, celery sticks or cauliflower.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves. Include in-season vegetables for variety through the year.
- Include cooked dry beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Decorate plates or serving dishes with vegetable slices.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator. Carrot and celery sticks are traditional, but consider broccoli florettes, cucumber slices, or red or green pepper strips.



Vegetable tips for children:

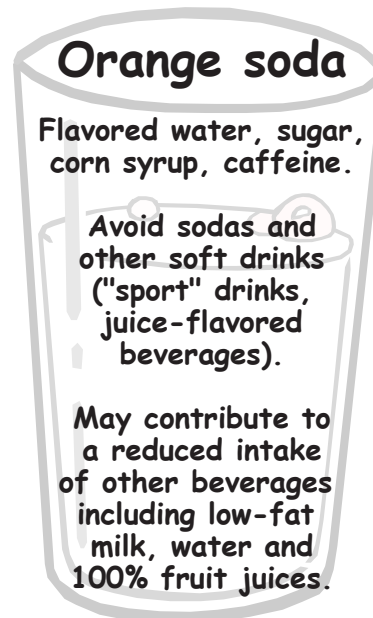
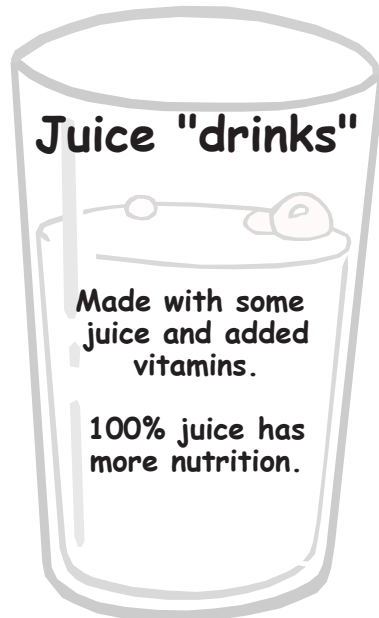
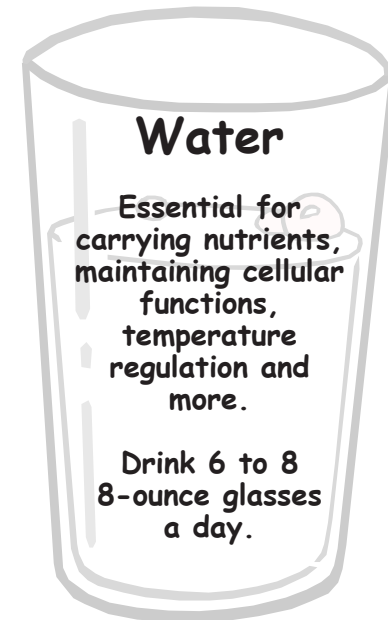
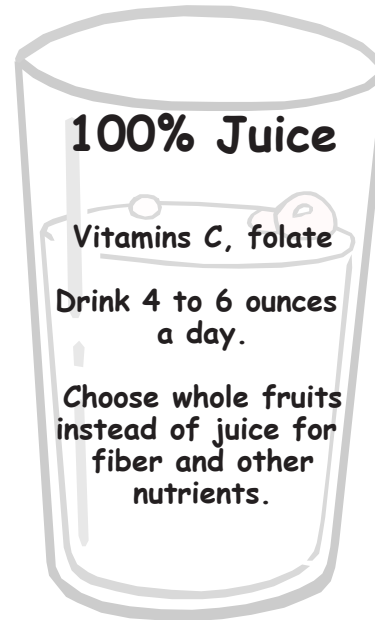
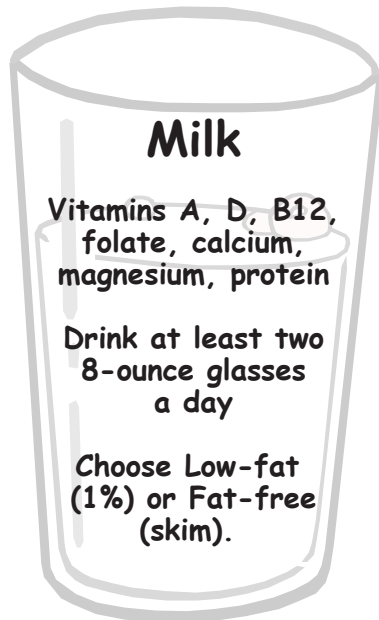
- Set a good example for children by eating vegetables with meals and as snacks.
- Let children decide on the dinner vegetables or what goes into salads.
- Depending on their age, children can help shop for, clean, peel, or cut up vegetables.
- Allow children to pick a new vegetable to try while shopping.
- Use cut-up vegetables as part of afternoon snacks.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

Keep it safe:

- Wash vegetables before preparing or eating them. Under clean, running water, rub vegetables briskly with your hands to remove dirt and surface microorganisms. Dry after washing.
- Keep vegetables separate from raw meat, poultry and seafood while shopping, preparing or storing.



Beverage Choices: Which Do You Drink?

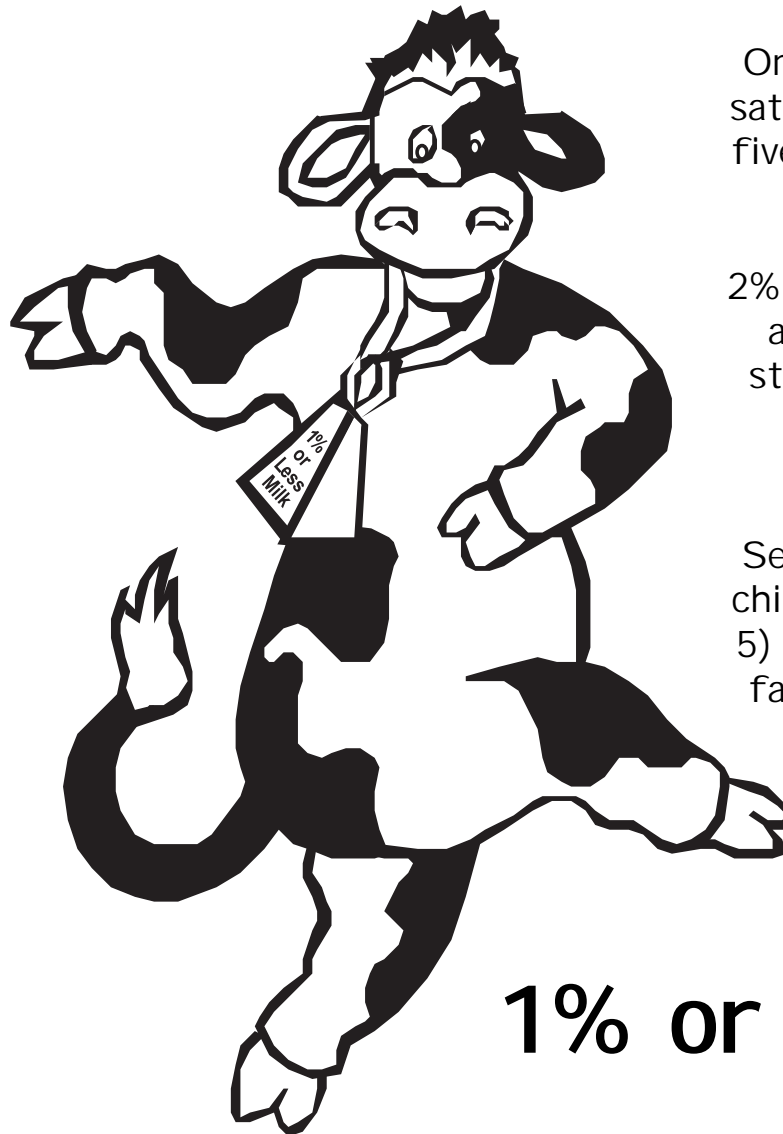


Cut the Fat: Moovve to 1% or Less

Fat-free (skim) and 1% milk have all the protein, calcium and vitamins found in whole milk, but have little or no fat.

Nine out of 10 people like the taste of ice cold 1% or fat-free (skim) milk in blind taste tests.

Heart disease may not show up until adulthood. But the early stages, caused by too much saturated fat, can be seen in kids as young as ten years old.



One cup of whole milk has a lot of saturated fat - the same amount as five strips of bacon or a candy bar.

2% milk is not low-fat. One cup has as much saturated fat as three strips of bacon. Only 1% and fat-free are low-fat milks.

Serving 1% milk instead of 2% for children in child care (for ages 2 to 5) would cut out a lot of saturated fat from diets during those three years.

1% or Less. Yes.



Adapted from CSPI 1% or Less Campaign materials

State of North Carolina • Michael F. Easley, Governor
Department of Health and Human Services • Carmen Hooker Odom, Secretary
Division of Public Health • Women's and Children's Health Section • Nutrition Services Branch

This institution is an equal opportunity provider. 04/04 ©

Lesson Plans

Grade 1

MyPyramid

Whole Grains, Fruits and Vegetables and Low-fat Dairy
Focus on Fruits and Vary Your Veggies

Grade 1

MyPyramid

Healthful Living Objectives

- 4.01 Categorize foods into the appropriate groups of MyPyramid.
- 4.02 Identify a variety of foods that are healthy choices in each of the food groups.

Math Objective

- 2.02 Develop an understanding of the concept of time.

English Language Arts Objectives

- 3.04 Share personal experiences and responses to experiences with text.
- 4.04 Extend skill in using oral and written language.

Teacher Resources

- *Teaching MyPyramid*
- *Anatomy of MyPyramid*
- *MyPyramid Mini-poster*
- *MyPyramid for Kids*

Materials Needed

- *MyPyramid for Kids Poster*

Handouts

- *Match the Food to Its Group*
- *Time and Activity*
- *Pyramid Go Fish* – cut along dotted lines and laminate for long-term use

Focus

Ask the students to name an important scientific discovery or invention they have learned about. Accept all answers. Some ideas are the telephone, airplanes, spaceships etc. The main concept to convey is that when a new scientific discovery occurs, it can change our lives for the better. Sometimes we even change the way we live. For example, instead of candles we now have electric light. Tell them that today we are going to talk about another change.

Teachers Input

Show students the *MyPyramid for Kids Poster*. Tell students the food pyramid was changed in 2005 to do a better job of telling us how to eat healthy. There is a pyramid just for kids. Demonstrate that MyPyramid uses colors to teach the new things we have learned about eating healthy food. Ask students what they think might happen when we learn new things about eating healthy food?

Using the *Teaching MyPyramid*, *Anatomy of MyPyramid*, *MyPyramid Mini-poster* and *MyPyramid for Kids* teacher resources, cover the following:

- **Foods on MyPyramid are arranged in groups.** Help students use the key to learn which color represents which food group. Tell them we need to eat foods from all the colors each day. Point out the foods that people should choose more often and those they should choose less often. Explain the concept that we should eat more of the foods in the wider part of the color bands and less of the foods in the thinner part of the bands. Provide examples of healthy choices that we should eat more of every day.

- **Everyone needs food to live and grow.** But if people eat too much of some foods high in sugar and fat, they don't have enough room to eat other foods that are good for them. Ask students to name healthy choices from each of the food groups.
- **Discuss each food group in turn.** Ask students to identify the foods they know that are shown on the poster. Ask about other foods from each group that they like or know about.
- **Physical activity is important for good health.** Children need to eat enough food to support growth and should be physically active at least 60 minutes every day, or most days. Ask students to name some of the activities they see on the poster. Ask students to describe some of the ways they stay active. Tell them that they should be active at least 60 minutes a day.

Practice and Assessment

Distribute the *Match the Food to Its Group* handout. Instruct students to read the name of the food and put an X in the column of the food group.

Distribute the *Time and Activity* handout. Read the following:

- Susie likes to play hopscotch with her friends. She started to play at 4:00 and plays for thirty minutes. Draw on the clocks what time she started to play hopscotch and what time she finished playing. Write the times under the clocks.
- Tenika likes to go to the playground. She goes to the playground at 3:00 and plays for thirty minutes. Draw on the clocks what time she went to the playground and what time she will leave the playground. Write the times under the clocks.
- Jessie helps his mom clean the house. If he starts to clean at 4:30 and cleans for 30 minutes what time would he be finished cleaning? Draw on the clocks what time he started to clean and what time he finished. Write the times under the clocks.
- Ryan likes to play soccer. After school he plays soccer from 5:00 to 5:30. Draw on the clocks the time he starts and stops playing soccer. Write the times under the clocks.
- Tom likes to play tennis. He plays tennis from 6:30-7:00. Draw on the clocks the times he started and the time he stopped playing tennis. Write the times under the clocks.

Play *Pyramid Go Fish*. In addition to following the directions provided with the game, as a match is made, ask students if each food in the pair is in the wider or thinner part of the color band for the food group.

Look at the lunch menu for the week and decide where each food belongs in MyPyramid.

Name _____

Match the Food to Its Group

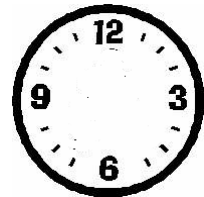
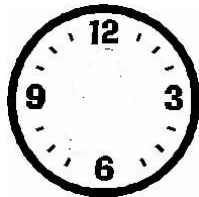
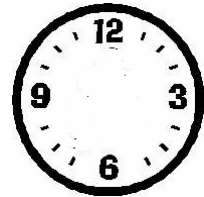
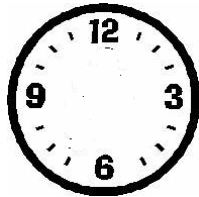
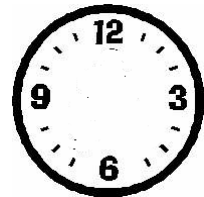
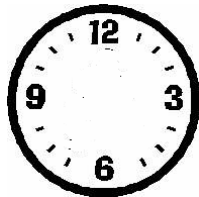
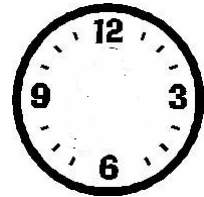
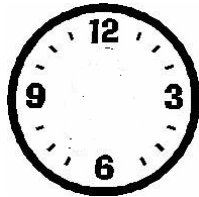
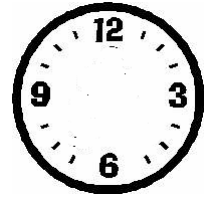
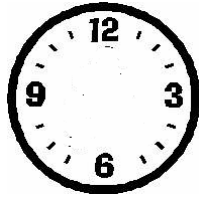
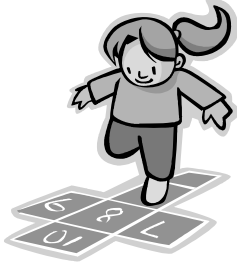
Place an X in the correct food group column for each food listed.



Food	Grains	Vegetables	Fruits	Milk	Meat/Beans
Cheese					
Apple					
Oatmeal					
Fish					
Peas					
Rice					
Milk					
Greens					
Orange					
Yogurt					
Grapes					
Popcorn					
Carrot					
Beans					

Name _____

Time and Activity



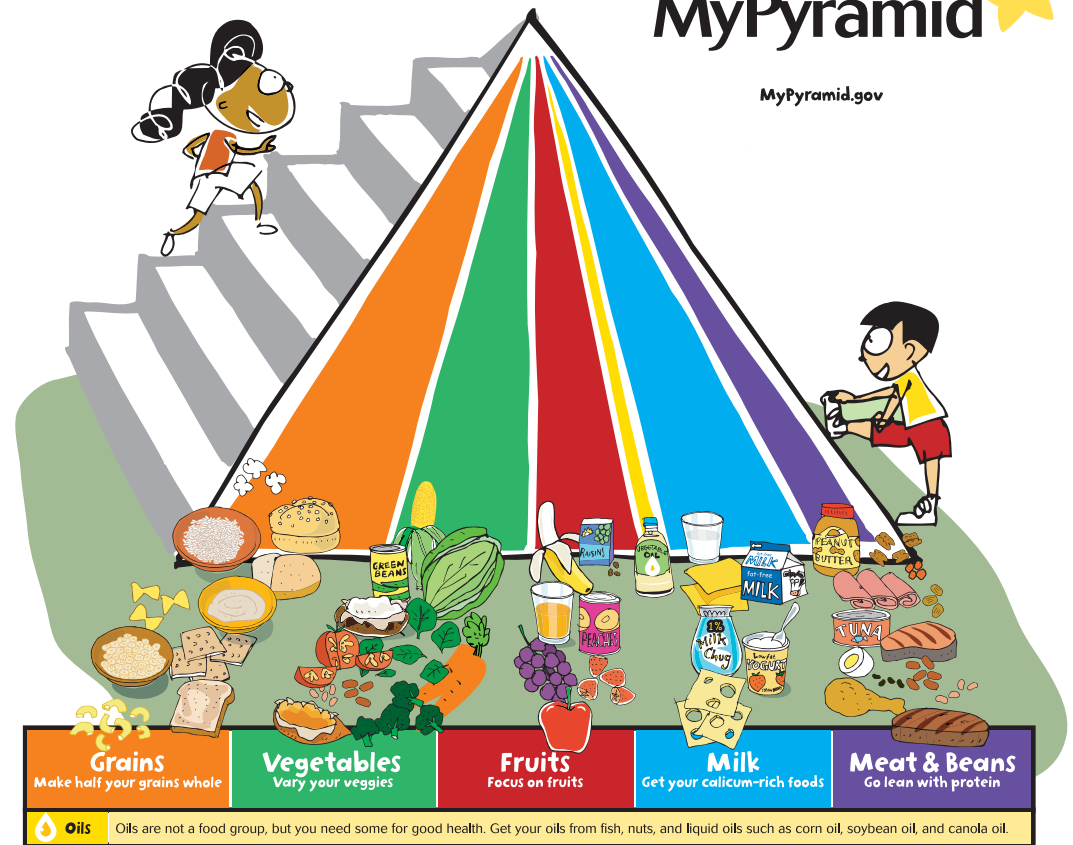
Pyramid Go Fish Instructions

Getting Ready

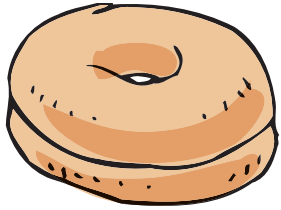
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish

- Divide the students into groups of four.
- Give each group 30 cards.
- The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.
- The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.
- If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish," and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.
- The student with the most pairs wins.

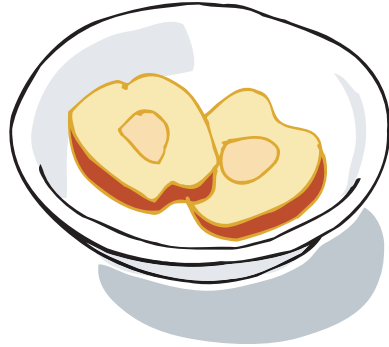


Grains



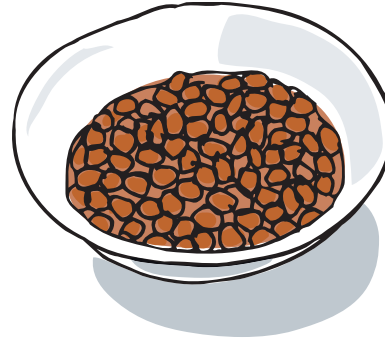
Bagel

Fruits



Baked Apple

Meat & Beans



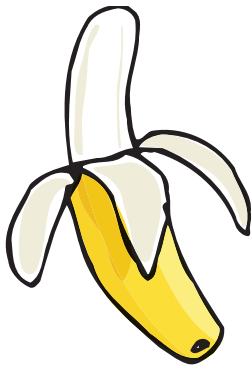
Baked Beans

Vegetables



Baked Potato

Fruits



Banana

Fruits



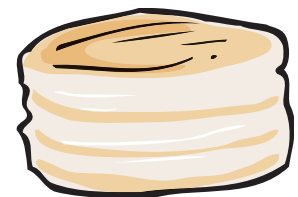
Apple

Meat & Beans



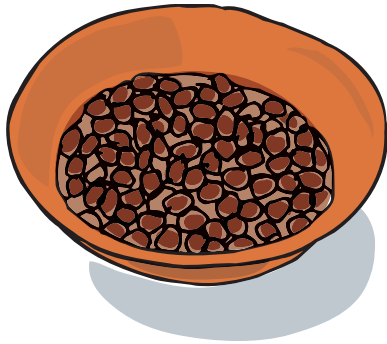
Beef Jerky

Grains



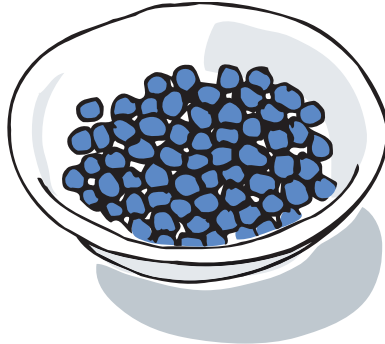
Biscuit

Meat & Beans



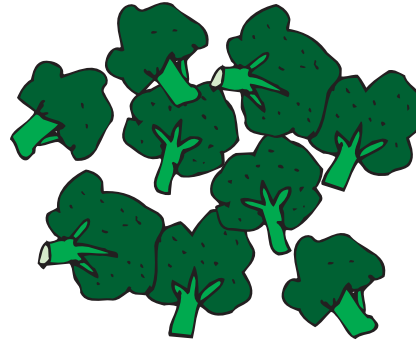
Black Bean Soup

Fruits



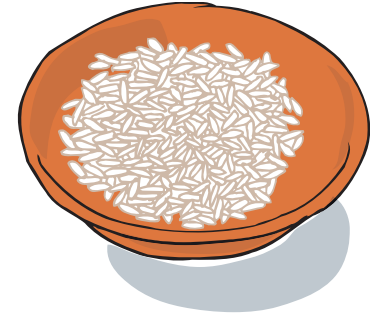
Blueberries

Vegetables



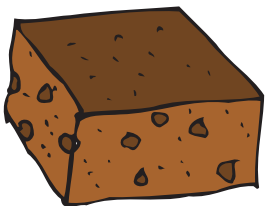
Broccoli

Grains



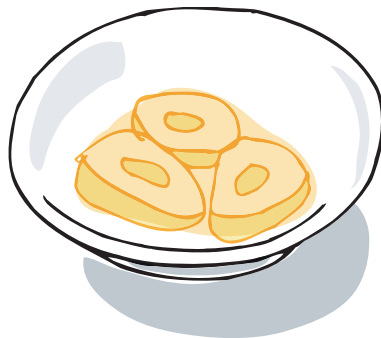
Brown Rice

Grains



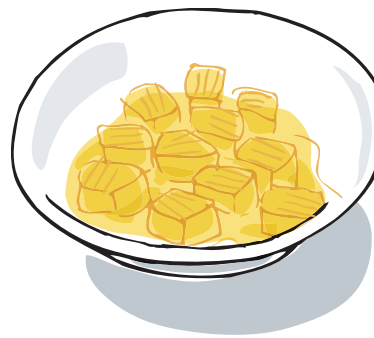
Brownie

Fruits



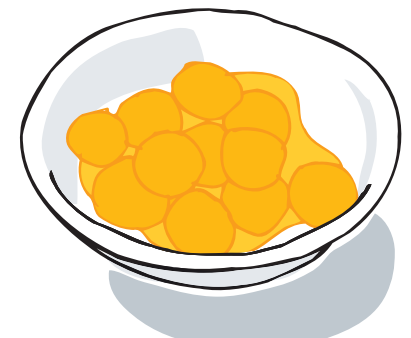
Pears

Fruits



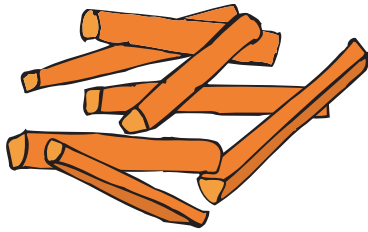
Pineapple

Fruits



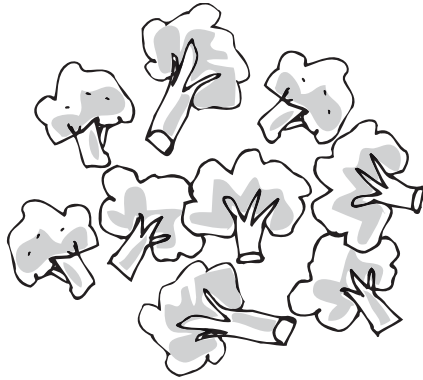
Cantaloupe

Vegetables



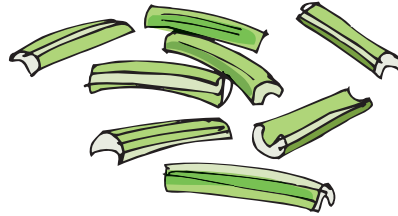
Carrot Sticks

Vegetables



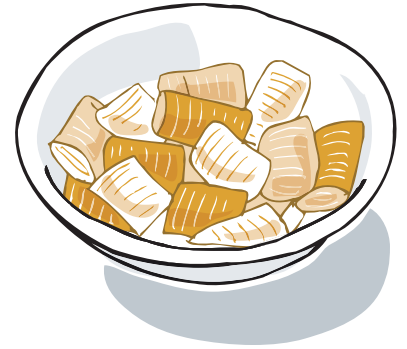
Cauliflower

Vegetables



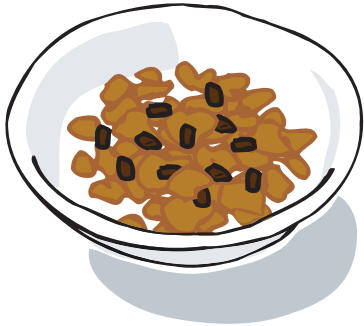
Celery

Grains



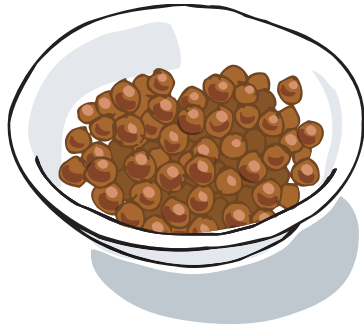
Cereal

Grains



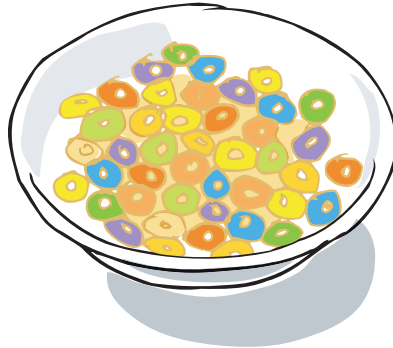
Cereal

Grains



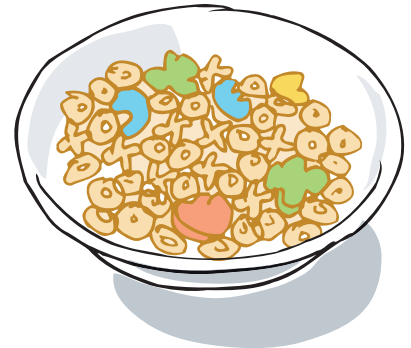
Cereal

Grains



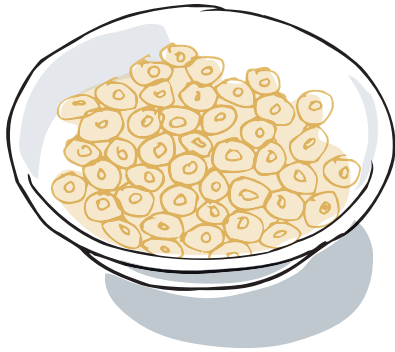
Cereal

Grains



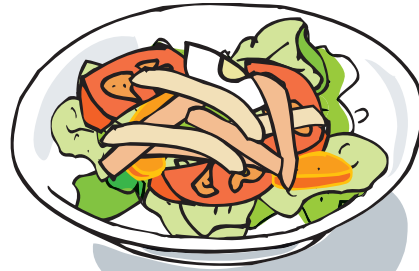
Cereal

Grains



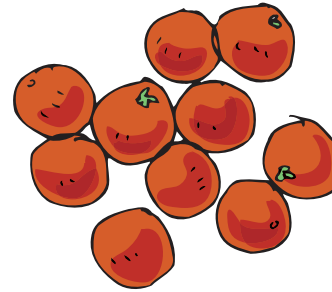
Cereal

Vegetables



Chef Salad

Vegetables



Cherry Tomatoes

Grains



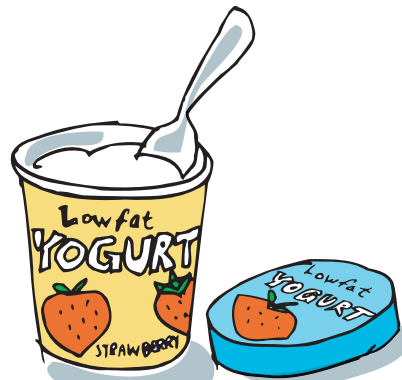
Chex Mix

Grains



Wild Rice

Milk



Yogurt

Grains



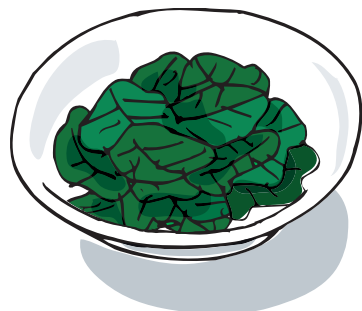
Chocolate Chip Muffin

Milk



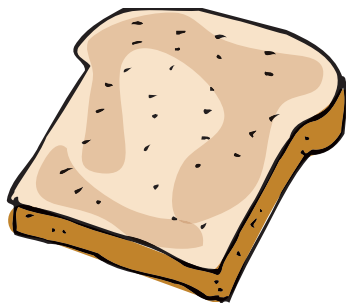
Chocolate Pudding

Vegetables



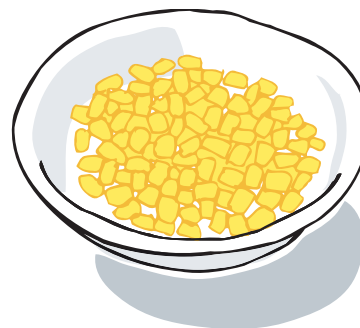
Collard Greens

Grains



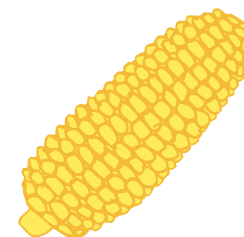
**Whole Wheat
Toast**

Vegetables



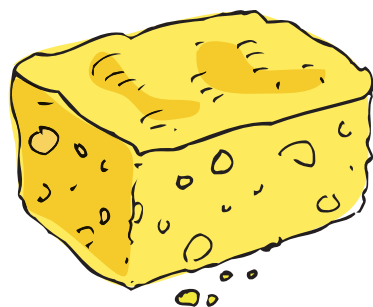
Corn

Vegetables



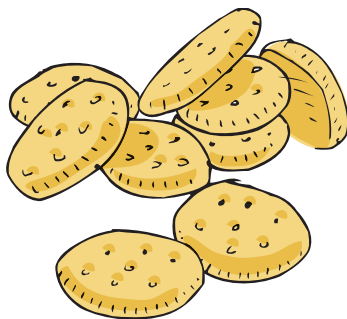
Corn

Grains



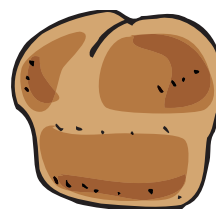
Cornbread

Grains



Crackers

Grains



**Whole Wheat
Dinner Roll**

Fruits



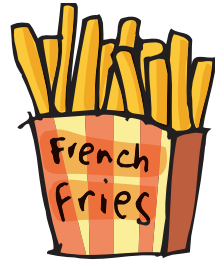
Dried Apricots

Grains



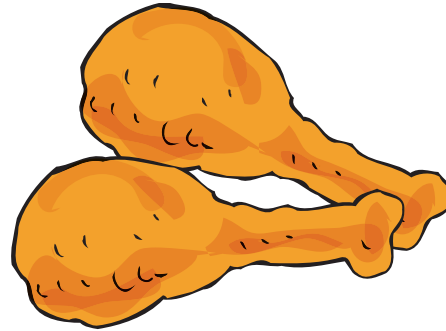
English Muffin

Vegetables



French Fries

Meat & Beans



Fried Chicken

Fruits



Fried Plantains

Fruits



Applesauce

Fruits



Frozen Fruit
Juice Bar

Milk



Frozen Yogurt

Fruits



Fruit Salad

Fruits



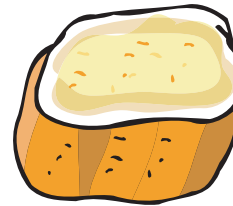
Fruit Leather

Fruits



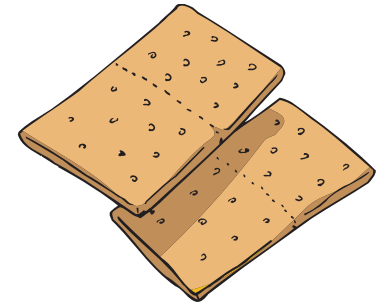
Apple Juice

Grains



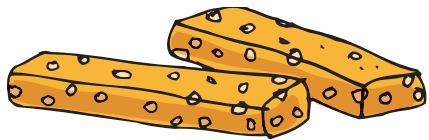
Garlic Bread

Grains



Graham Crackers

Grains



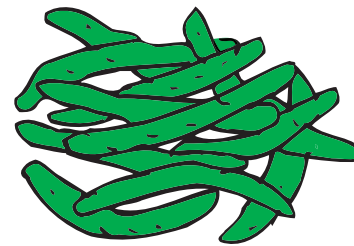
Granola Bar

Fruits



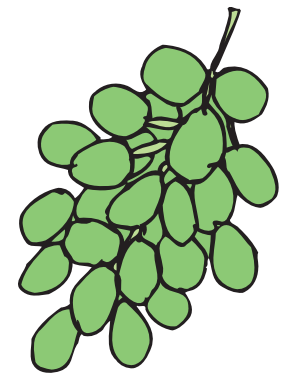
Grape Juice

Vegetables



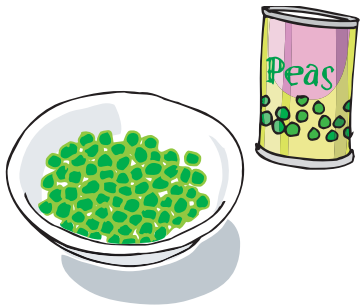
Green Beans

Fruits



Green Grapes

Vegetables



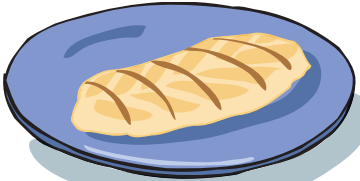
Green Peas

Meat & Beans



Grilled Chicken

Meat & Beans



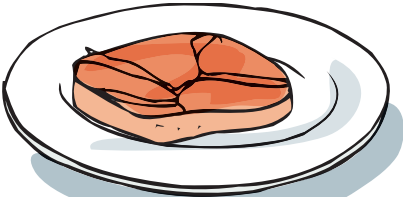
Grilled Fish

Grains



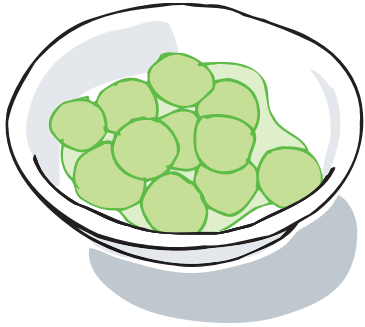
Grits

Meat & Beans



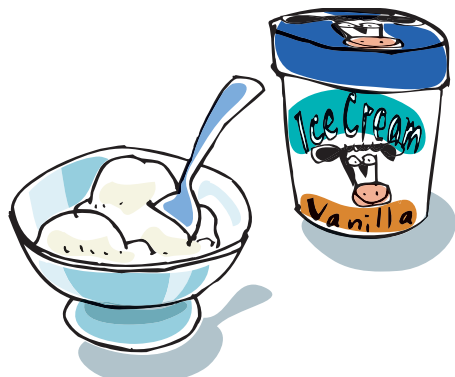
Ham

Fruits



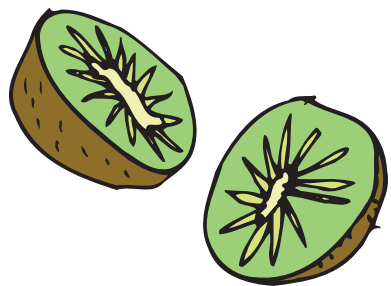
Honeydew

Milk



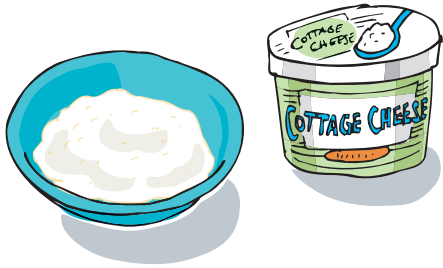
Ice Cream

Fruits



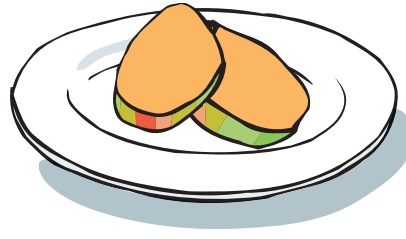
Kiwi

Milk



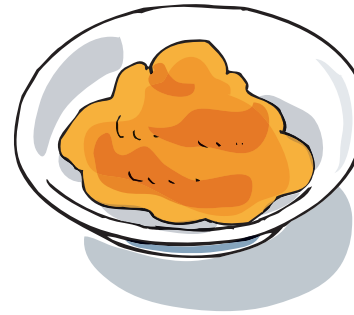
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet Potatoes

Milk



2% Milk

Milk



Chocolate Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Milk



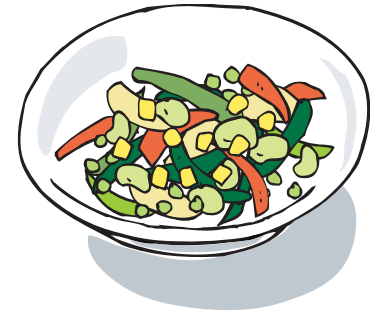
Whole Milk

Milk



Milkshake

Vegetables



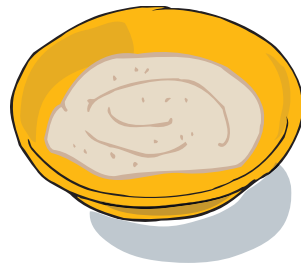
Mixed Vegetables

Grains



Animal Crackers

Grains



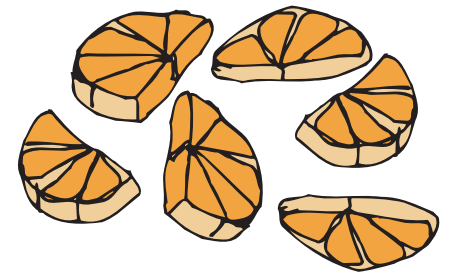
Oatmeal

Fruits



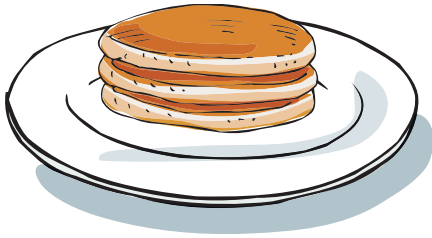
Orange Juice

Fruits



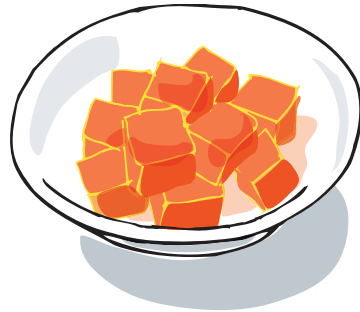
Orange Slices

Grains



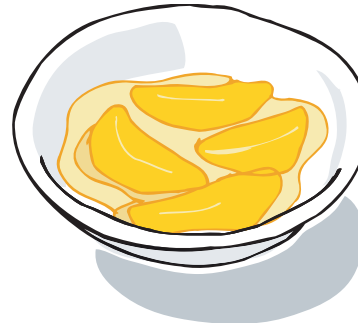
Pancakes

Fruits



Papaya

Fruits



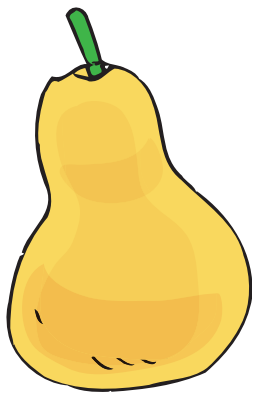
Peaches

Meat & Beans



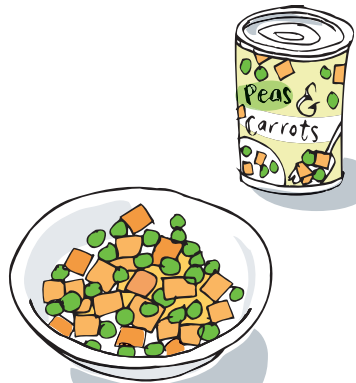
Peanuts

Fruits



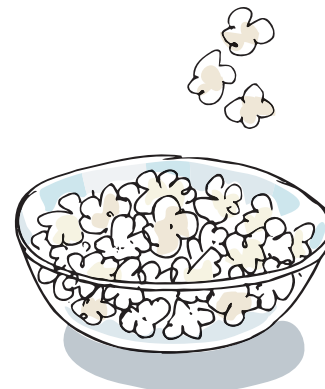
Pear

Vegetables



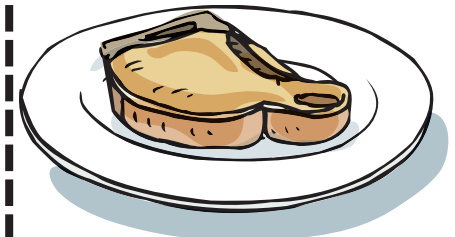
Peas & Carrots

Grains



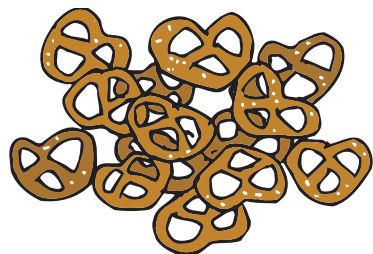
Popcorn

Meat & Beans



Pork Chop

Grains



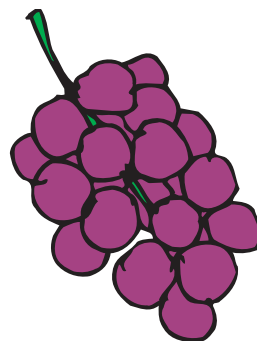
Pretzels

Fruits



Raisins

Fruits



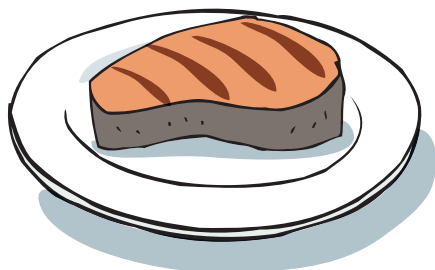
Red Grapes

Vegetables



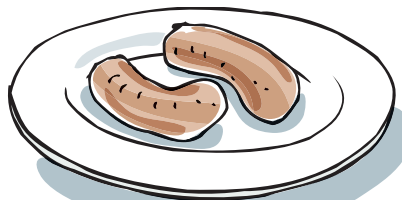
**Red & Green
Pepper Slices**

Meat & Beans



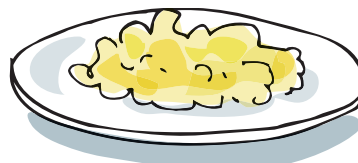
Salmon

Meat & Beans



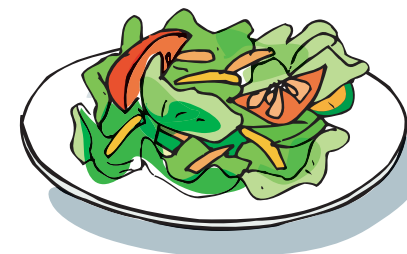
Sausage Links

Meat & Beans



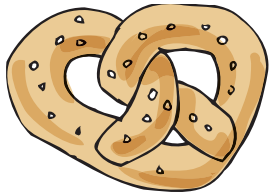
Scrambled Eggs

Vegetables



Side Salad

Grains



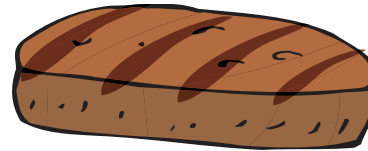
Soft Pretzel

Vegetables



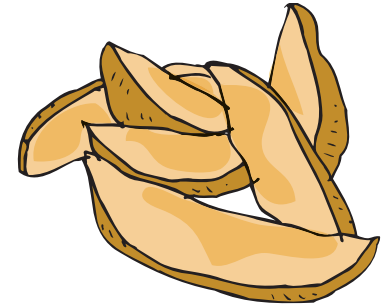
Spinach Salad

Meat & Beans



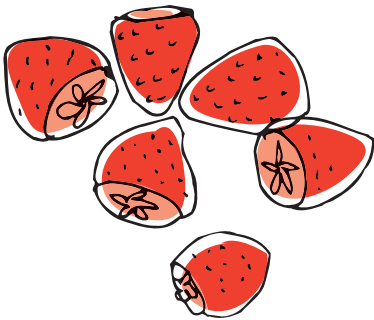
Steak

Vegetables



Steak Fries

Fruits



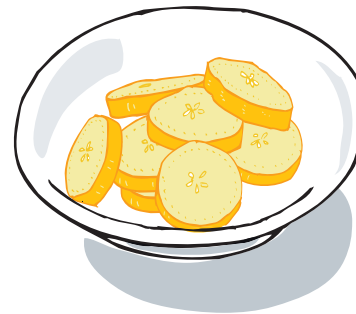
Strawberries

Milk



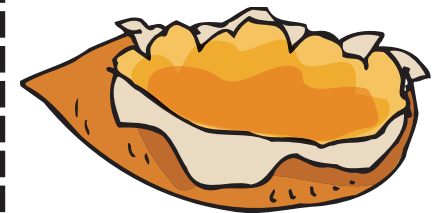
String Cheese

Vegetables



Summer Squash

Vegetables



**Baked
Sweet Potato**

Vegetables



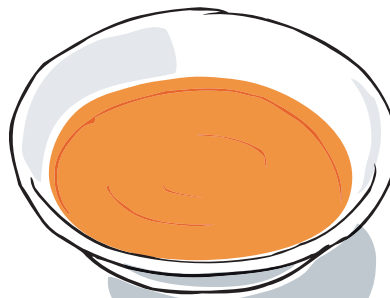
Tater Tots

Vegetables



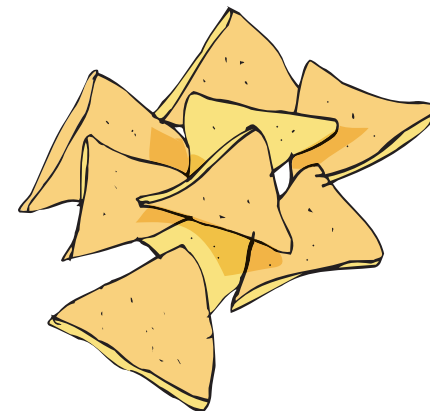
Tomato Juice

Vegetables



Tomato Soup

Grains



Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



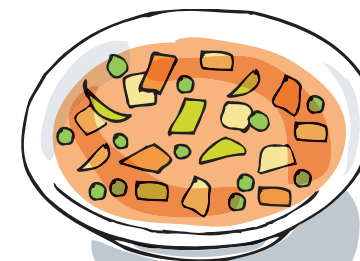
Trail Mix

Milk



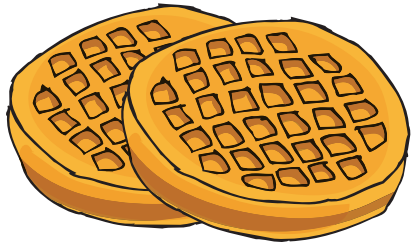
Vanilla Pudding

Vegetables



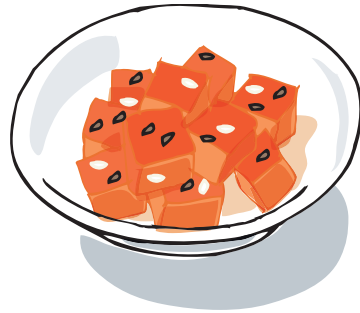
Vegetable Soup

Grains



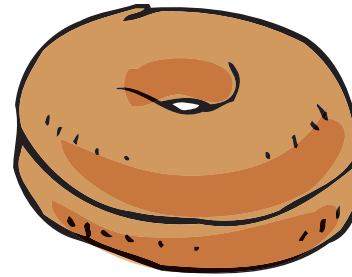
Waffles

Fruits



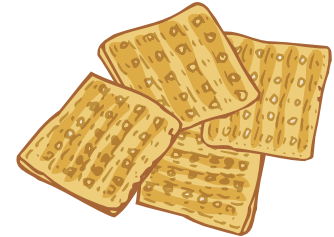
Watermelon

Grains



Whole Wheat
Bagel

Grains



Whole Wheat
Crackers



Grade 1

Whole Grains, Fruits and Vegetables, Low-fat Dairy

Healthful Living Objective

- 4.03** Summarize the benefits of eating a variety of whole grains, fruits, and vegetables, and low-fat dairy products.

Math Objectives

- 1.03** Develop fluency with single-digit addition and corresponding differences using strategies such as modeling, composing and decomposing quantities, using doubles and making tens.
- 5.03** Create and extend patterns, identify the pattern unit and translate into other forms.

English Language Arts Objectives

- 2.07** Respond and elaborate in answering what, when, where, and how questions.
- 2.08** Discuss and explain response to how, why, and what if questions in sharing narrative and expository texts.
- 3.03** Discuss unfamiliar oral and/or written vocabulary after listening to or reading texts.
- 3.05** Recognize how particular authors use vocabulary and language to develop an individual, recognizable voice.

Teacher Resources

- *Teaching MyPyramid*
- *What Foods are in the Grain Group?*
- *What Foods are in the Fruit Group?*
- *What Foods are in the Vegetable Group?*
- *Beverage Choices: Which Do You Drink?*
- *Cut the Fat: Mooove to 1% or Less*

Materials Needed

- *MyPyramid for Kids Poster*
- *Pyramid Go Fish Cards* – cut along dotted lines and laminate for long-term use
- Suggested book: *Gregory the Terrible Eater* by Mitchell Sharmat

Handouts

- *Many-Grain Bread*
- *Fruit and Vegetable Math Workout*
- *A Moooving Story about Milk*
- *My Favorite Foods*

Focus

Show students the *MyPyramid for Kids Poster*. Point out the different food groups and the review the foods that are included in each. Ask students why it is important for us to get a variety of foods in the meals that we eat each day. (We get different nutrients and vitamins from different foods and we need food from all of the food groups to stay healthy and strong). Using the *Pyramid Go Fish Cards*, hold up different pictures of foods and ask students what food group they belong to. Have students go through several and then begin to highlight whole grains, fruits and vegetables, and low-fat dairy foods. Tell the students that the lesson today is going to focus on those three things: whole grains, fruits and vegetables, and low-fat dairy products.

Teacher Input

Read *Gregory the Terrible Eater* and discuss with students using the reflective questions listed below.

- What kinds of food does Gregory like to eat?
- What do his parents want him to eat?
- Do you think Gregory is a terrible eater?
- Why do Gregory's parents think he is a terrible eater?
- Is it okay to like some foods better than others?
- What are your favorite foods?
- Why do we need to eat lots of different foods?
- Do you eat grains with your breakfast or lunch?
- Do you drink milk and eat cheese or yogurt?
- What is your favorite fruit? Vegetable?

Using the *Teaching MyPyramid*, *What Foods are in the Grain Group?*, *What Foods are in the Fruit Group?*, *What Foods are in the Vegetable Group?*, *Beverage Choices: Which Do You Drink?* and *Cut the Fat: Moove to 1% or Less* teacher resources, discuss the health benefits of whole-grains, fruits and vegetables, and low-fat dairy products.

Practice and Assessment

Distribute and instruct students to complete the *Many-Grain Bread*, *Fruit and Vegetable Math Workout*, *A Mooving Story about Milk* and *My Favorite Foods* handouts.

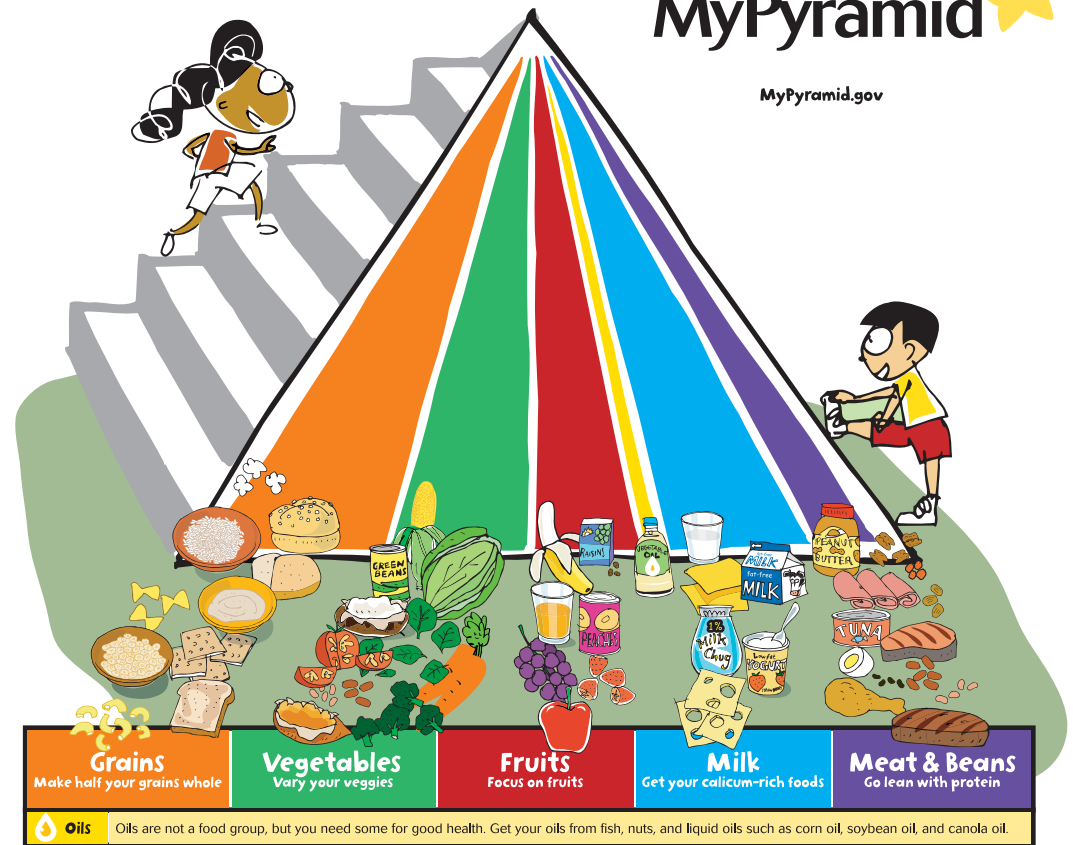
Pyramid Go Fish Instructions

Getting Ready

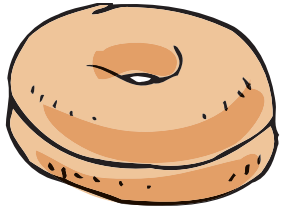
Print copies of the Pyramid Go Fish food cards. At least two sets of cards are needed for a class of 25 students; one set is adequate for a class of 10 – 12 students. Cut out the cards along the dotted lines. To make the cards sturdier, print onto card stock, laminate the cards, or paste the printed cards onto index cards or playing cards.

Playing Pyramid Go Fish

- Divide the students into groups of four.
- Give each group 30 cards.
- The dealer shuffles the cards and deals out four cards to each student, and places the rest in the middle.
- The first student (let's call him Michael) asks the student sitting to his left, "Kayla, do you have a fruit?" If Kayla has a fruit she says, "Yes, I do," and hands it to Michael, who then places his pair on the table. Michael is then able to ask the next student a question.
- If Kayla doesn't have a fruit, she replies, "No I don't have a fruit. Go fish," and Michael can take a card from the pile in the middle. It is then Kayla's turn to ask the student on her left for a card. The students continue to ask questions and match cards until all the pairs are found.
- The student with the most pairs wins.

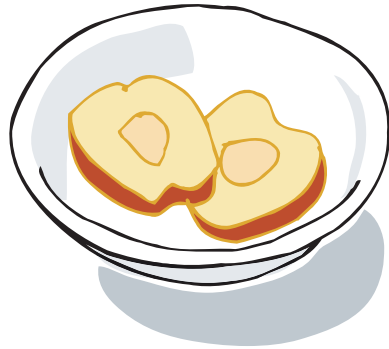


Grains



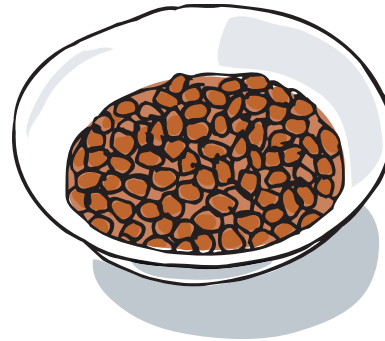
Bagel

Fruits



Baked Apple

Meat & Beans



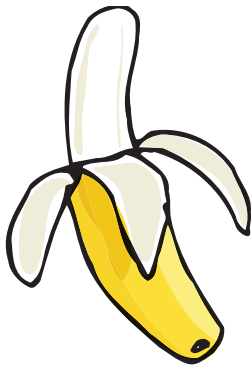
Baked Beans

Vegetables



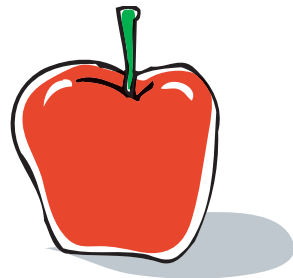
Baked Potato

Fruits



Banana

Fruits



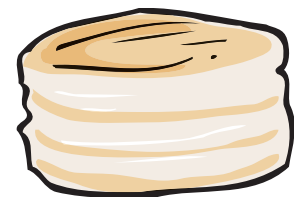
Apple

Meat & Beans



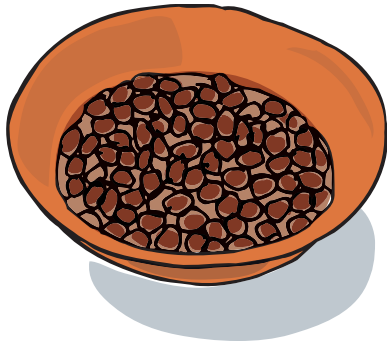
Beef Jerky

Grains



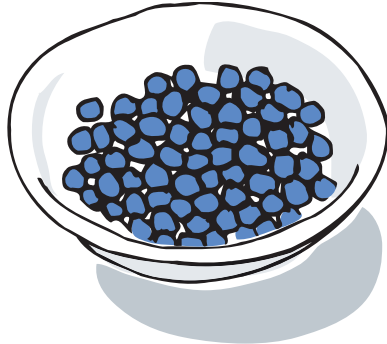
Biscuit

Meat & Beans



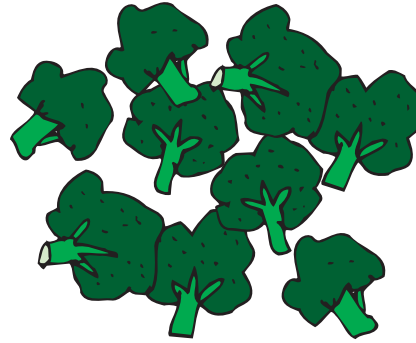
Black Bean Soup

Fruits



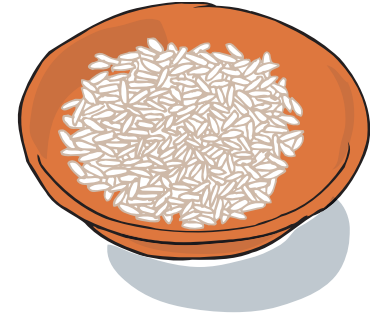
Blueberries

Vegetables



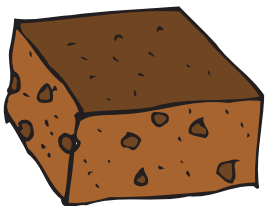
Broccoli

Grains



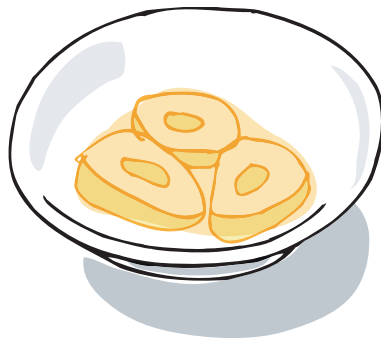
Brown Rice

Grains



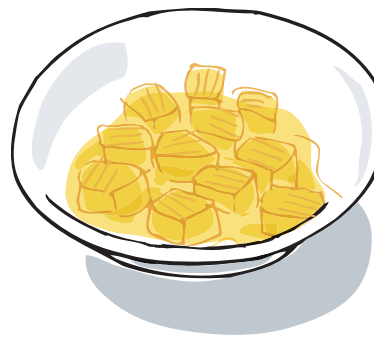
Brownie

Fruits



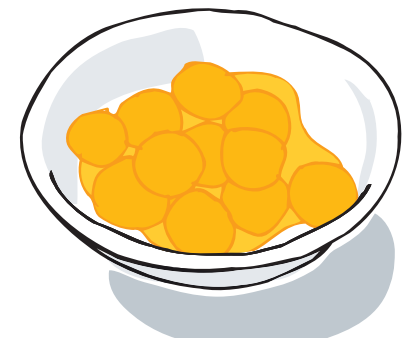
Pears

Fruits



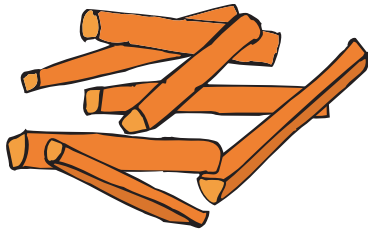
Pineapple

Fruits



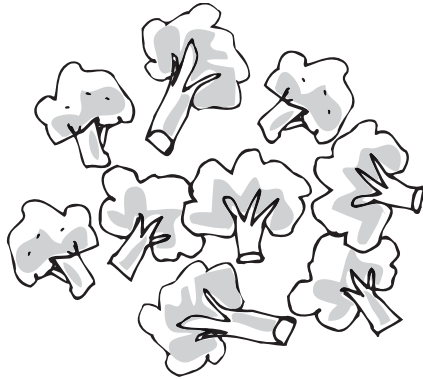
Cantaloupe

Vegetables



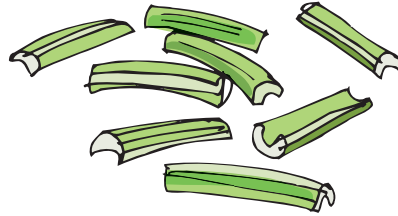
Carrot Sticks

Vegetables



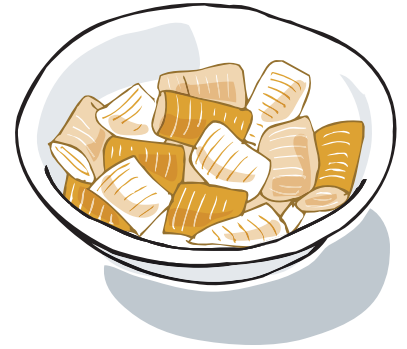
Cauliflower

Vegetables



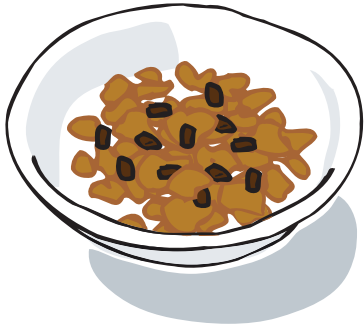
Celery

Grains



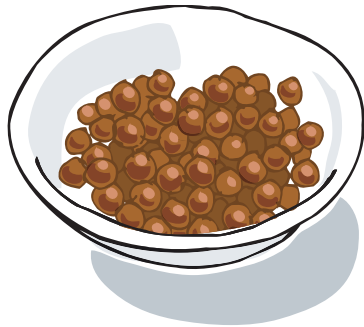
Cereal

Grains



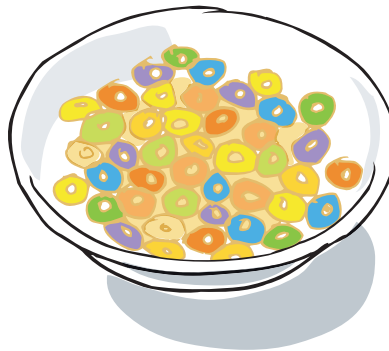
Cereal

Grains



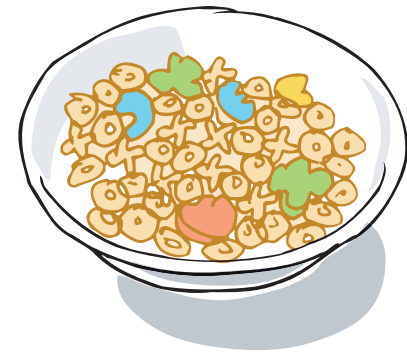
Cereal

Grains



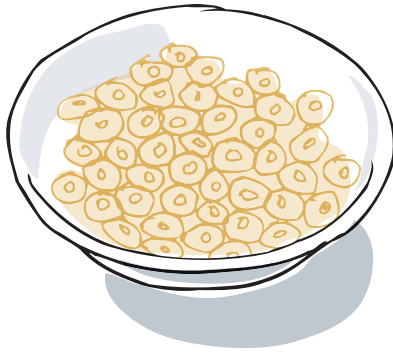
Cereal

Grains



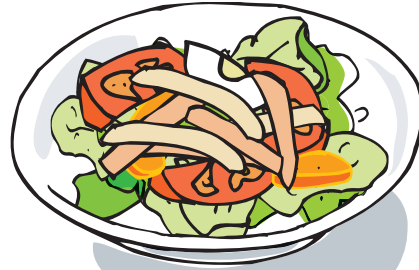
Cereal

Grains



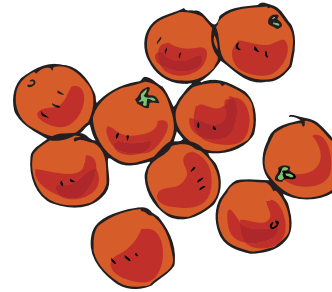
Cereal

Vegetables



Chef Salad

Vegetables



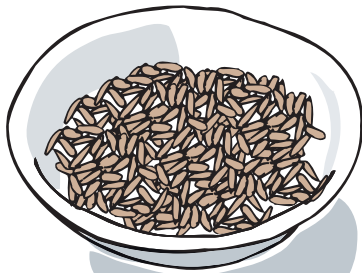
Cherry Tomatoes

Grains



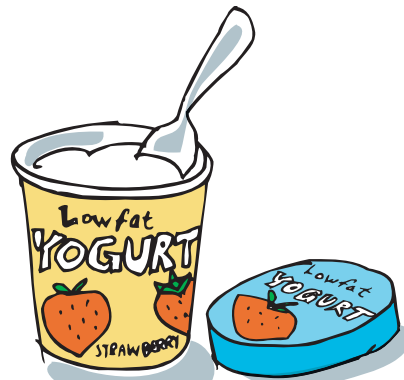
Chex Mix

Grains



Wild Rice

Milk



Yogurt

Grains



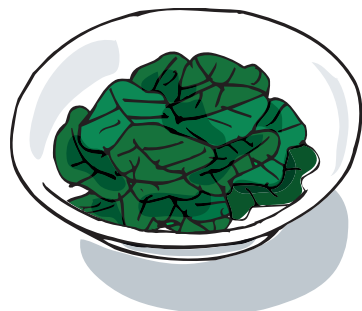
Chocolate Chip Muffin

Milk



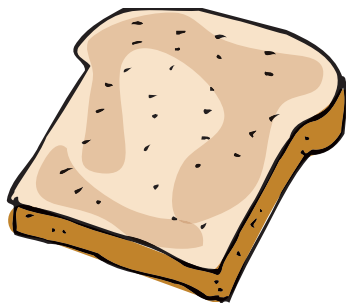
Chocolate Pudding

Vegetables



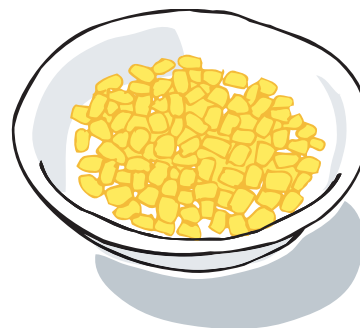
Collard Greens

Grains



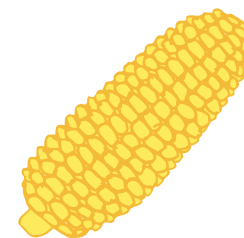
**Whole Wheat
Toast**

Vegetables



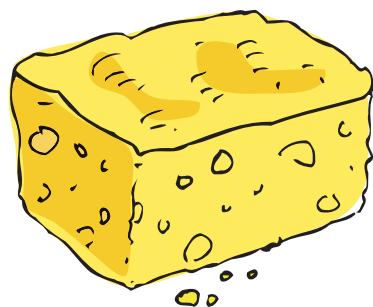
Corn

Vegetables



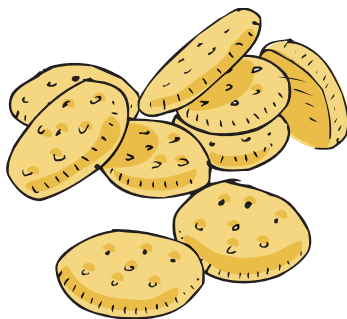
Corn

Grains



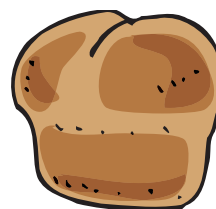
Cornbread

Grains



Crackers

Grains



**Whole Wheat
Dinner Roll**

Fruits



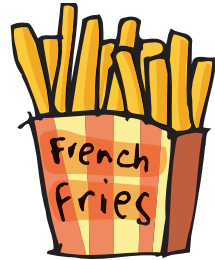
Dried Apricots

Grains



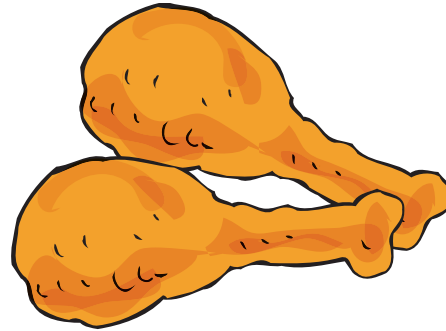
English Muffin

Vegetables



French Fries

Meat & Beans



Fried Chicken

Fruits



Fried Plantains

Fruits



Applesauce

Fruits



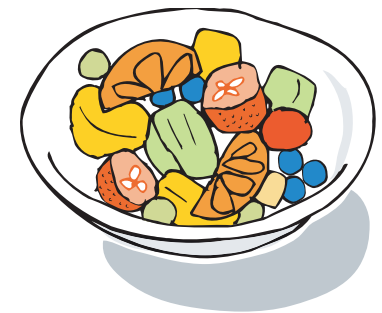
Frozen Fruit
Juice Bar

Milk



Frozen Yogurt

Fruits



Fruit Salad

Fruits



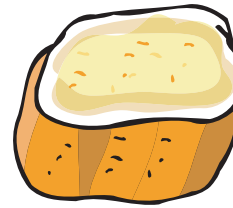
Fruit Leather

Fruits



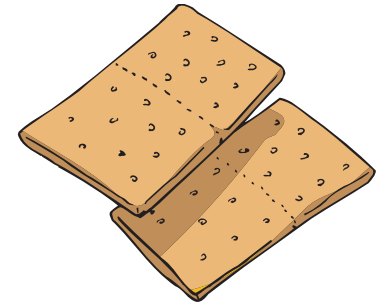
Apple Juice

Grains



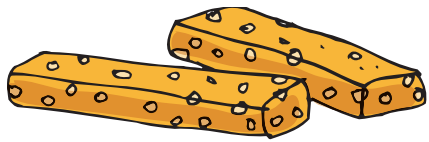
Garlic Bread

Grains



Graham Crackers

Grains



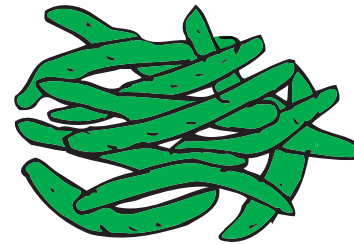
Granola Bar

Fruits



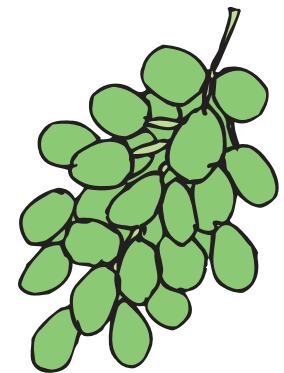
Grape Juice

Vegetables



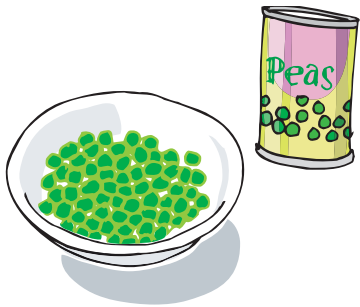
Green Beans

Fruits



Green Grapes

Vegetables



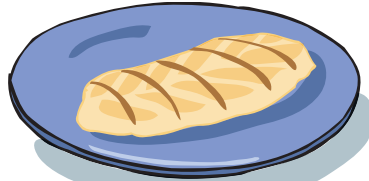
Green Peas

Meat & Beans



Grilled Chicken

Meat & Beans



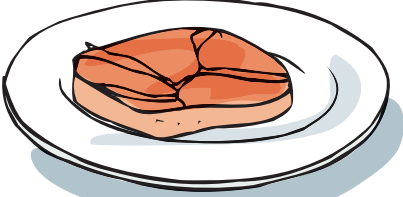
Grilled Fish

Grains



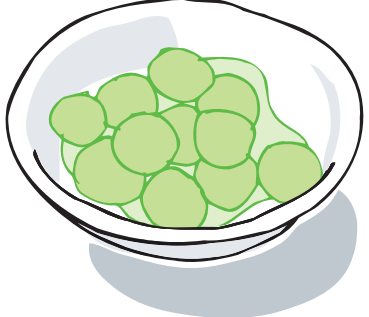
Grits

Meat & Beans



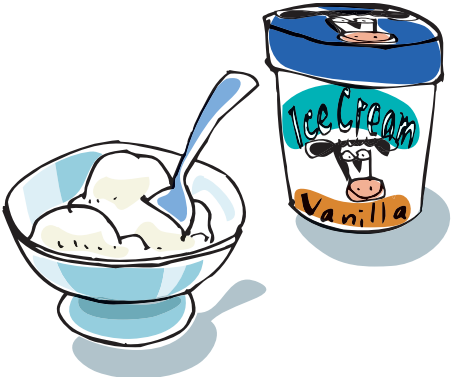
Ham

Fruits



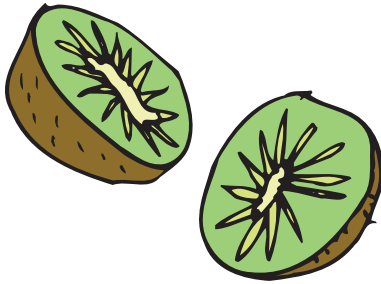
Honeydew

Milk



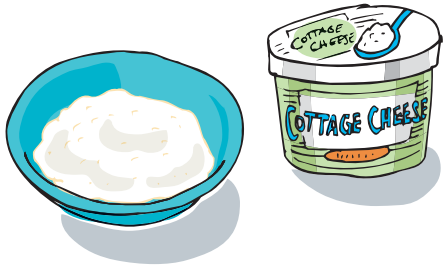
Ice Cream

Fruits



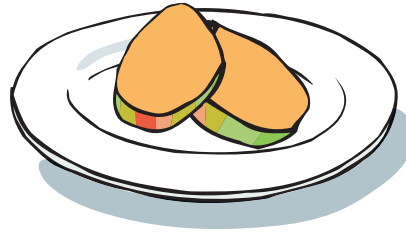
Kiwi

Milk



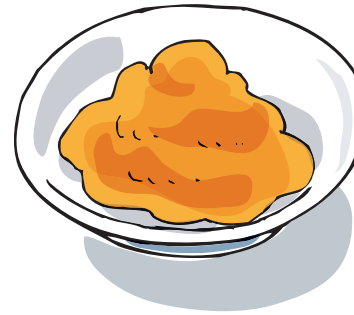
Cottage Cheese

Fruits



Mango

Vegetables



Mashed Sweet Potatoes

Milk



2% Milk

Milk



Chocolate Fat Free Milk

Milk



2% Milk

Milk



Fat Free Milk

Milk



Fat Free Milk

Milk



**Strawberry
Fat Free Milk**

Milk



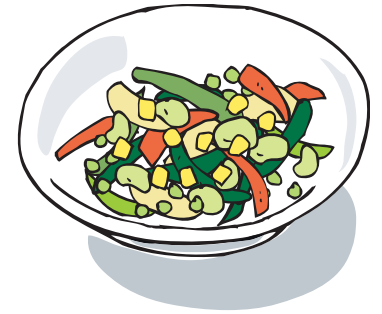
Whole Milk

Milk



Milkshake

Vegetables



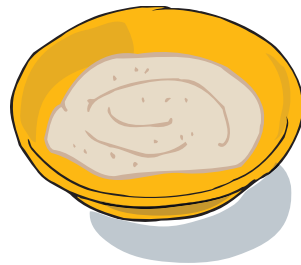
Mixed Vegetables

Grains



Animal Crackers

Grains



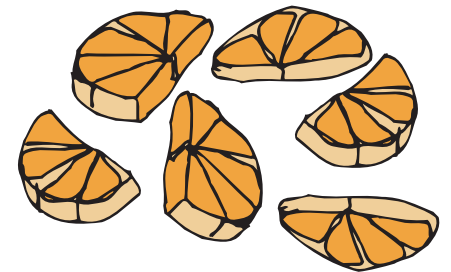
Oatmeal

Fruits



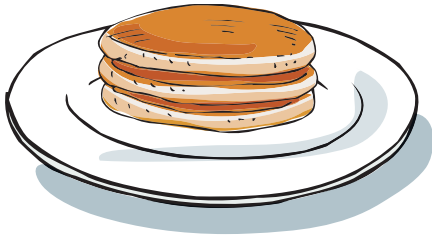
Orange Juice

Fruits



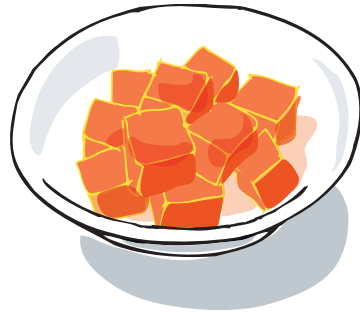
Orange Slices

Grains



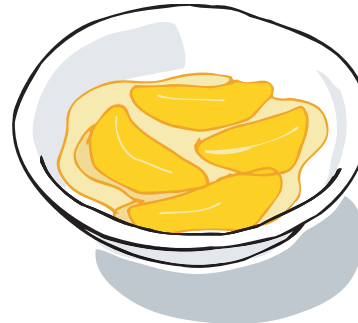
Pancakes

Fruits



Papaya

Fruits



Peaches

Meat & Beans



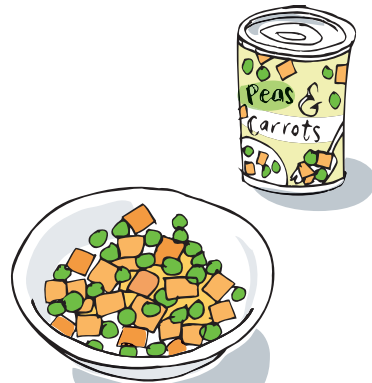
Peanuts

Fruits



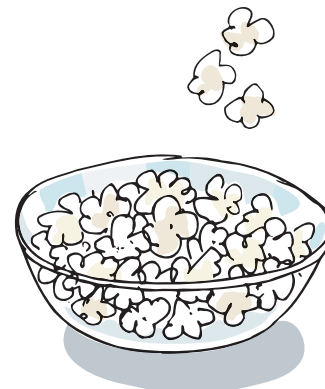
Pear

Vegetables



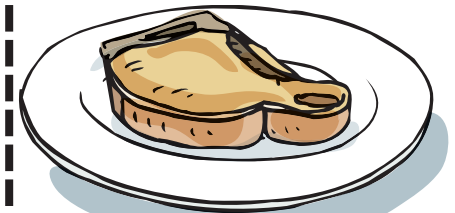
Peas & Carrots

Grains



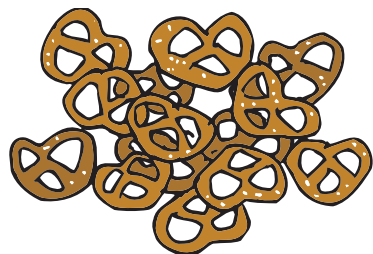
Popcorn

Meat & Beans



Pork Chop

Grains



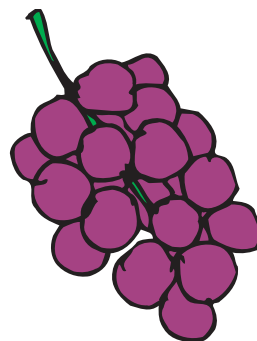
Pretzels

Fruits



Raisins

Fruits



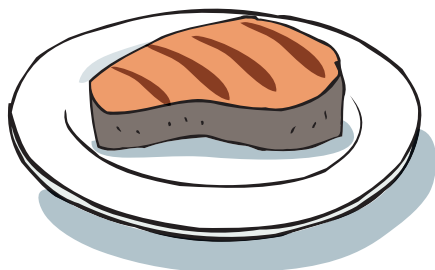
Red Grapes

Vegetables



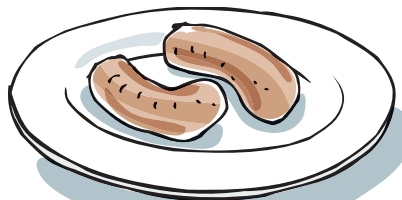
**Red & Green
Pepper Slices**

Meat & Beans



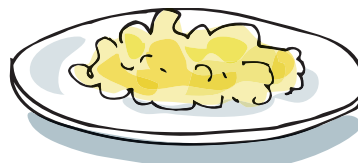
Salmon

Meat & Beans



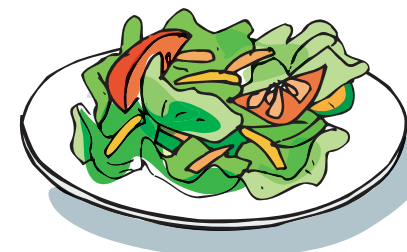
Sausage Links

Meat & Beans



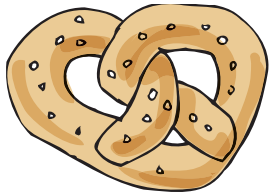
Scrambled Eggs

Vegetables



Side Salad

Grains



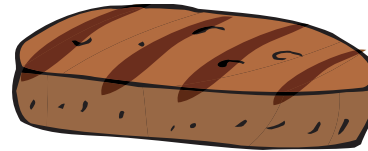
Soft Pretzel

Vegetables



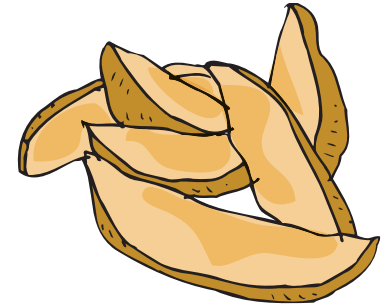
Spinach Salad

Meat & Beans



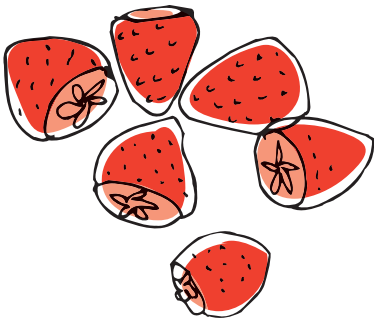
Steak

Vegetables



Steak Fries

Fruits



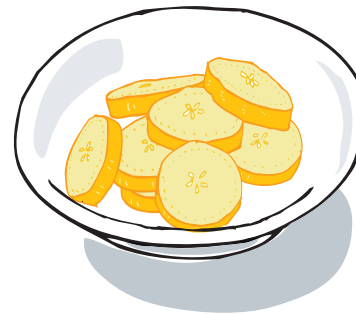
Strawberries

Milk



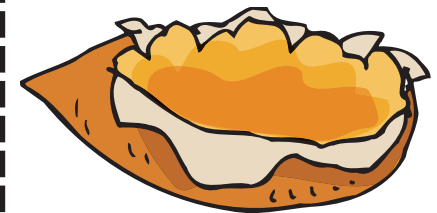
String Cheese

Vegetables



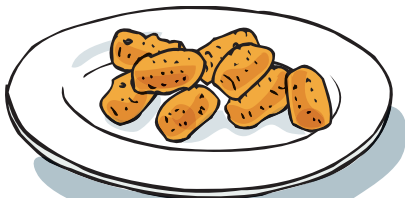
Summer Squash

Vegetables



**Baked
Sweet Potato**

Vegetables



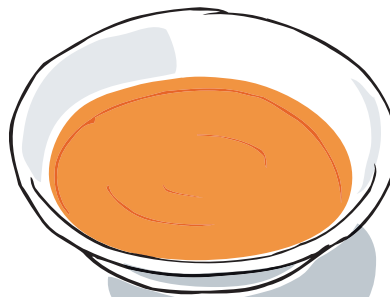
Tater Tots

Vegetables



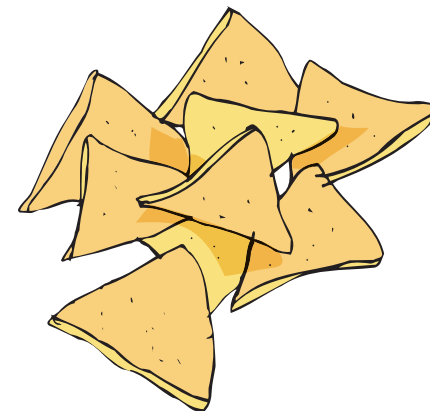
Tomato Juice

Vegetables



Tomato Soup

Grains



Tortilla Chips

Vegetables



Tossed Salad

Meat & Beans



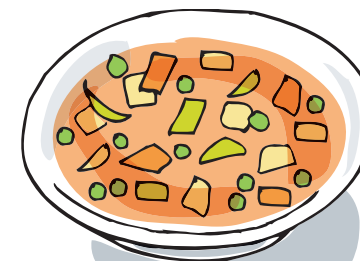
Trail Mix

Milk



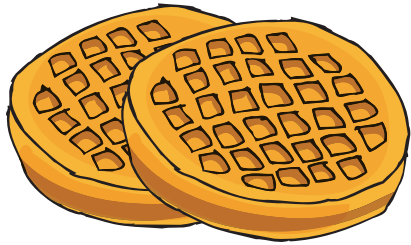
Vanilla Pudding

Vegetables



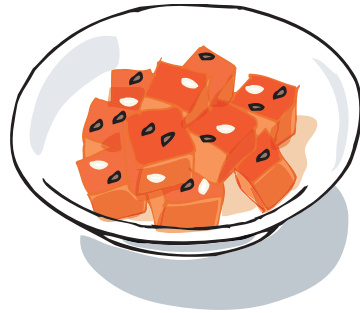
Vegetable Soup

Grains



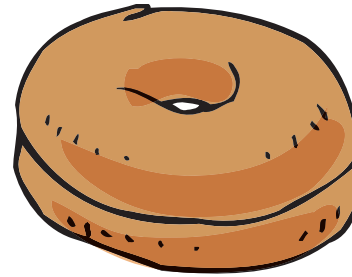
Waffles

Fruits



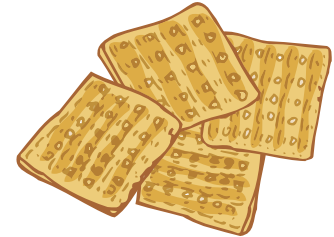
Watermelon

Grains



Whole Wheat
Bagel

Grains



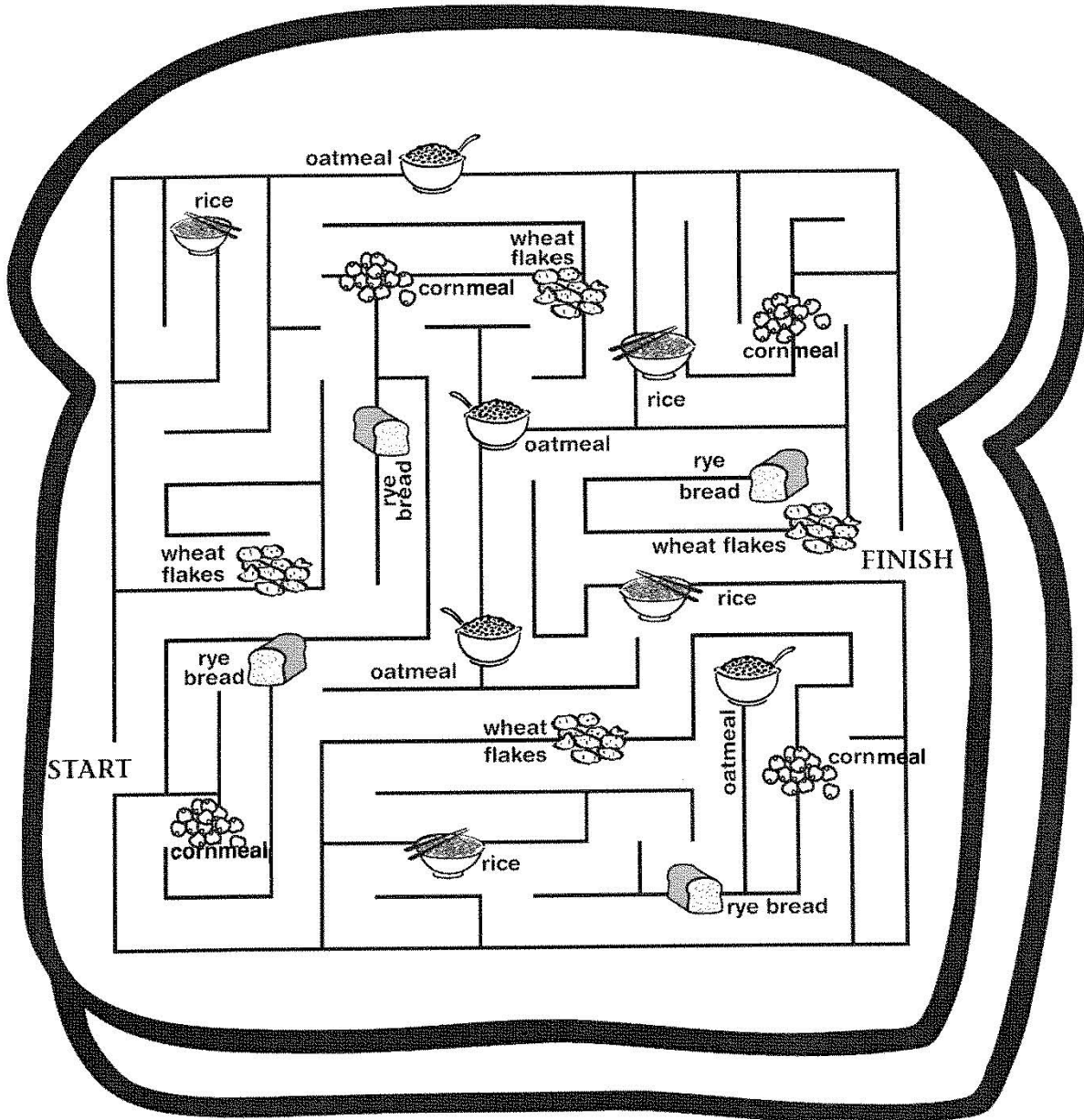
Whole Wheat
Crackers



Name _____ Date _____

Many-Grain Bread

The slice of bread below is made from many types of grains.
Circle each grain as you solve the maze.



How many types of grains or grain foods did you circle? _____

What is your favorite food made from grains? _____

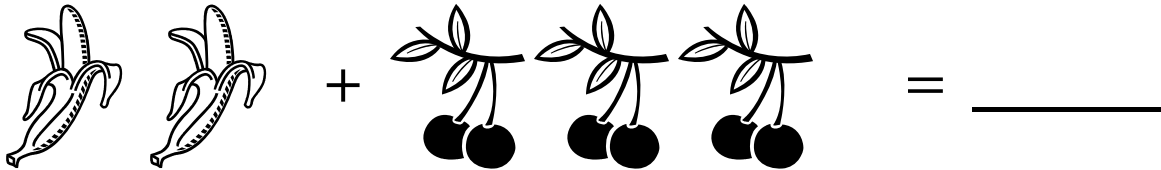
BONUS: The next time you go to the grocery store, see how many grain foods you can find.

Name _____

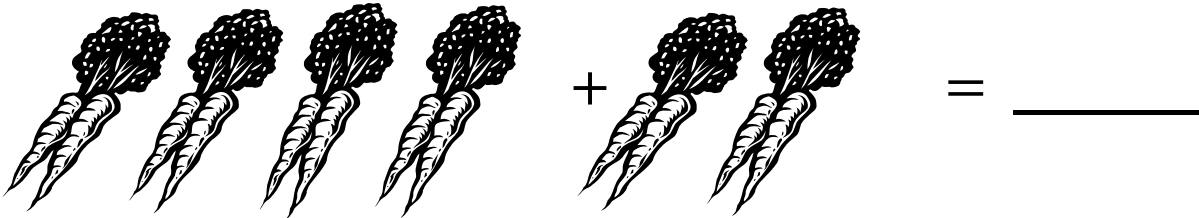
Fruit and Vegetable Math Workout

Directions: Find the total number of fruits or vegetables and write the number in the blank next to it.

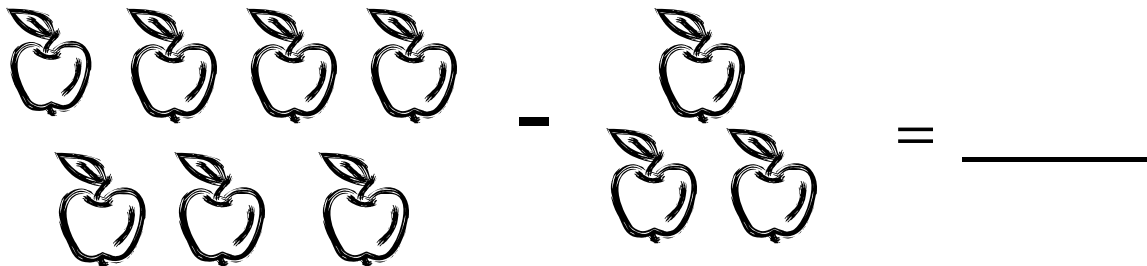
1. You have 2 bananas and 3 bunches of cherries. How much fruit do you have all together?



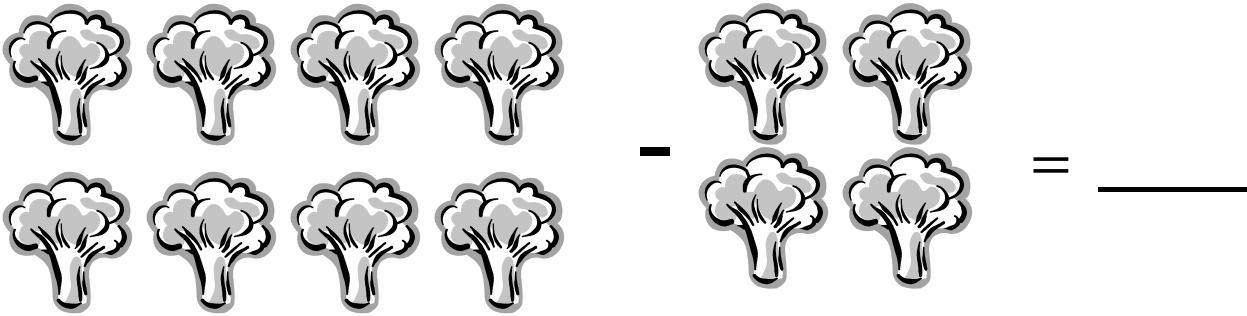
2. You picked 4 bunches of carrots from the garden. There are 2 bunches left in the garden. How many bunches are there all together?



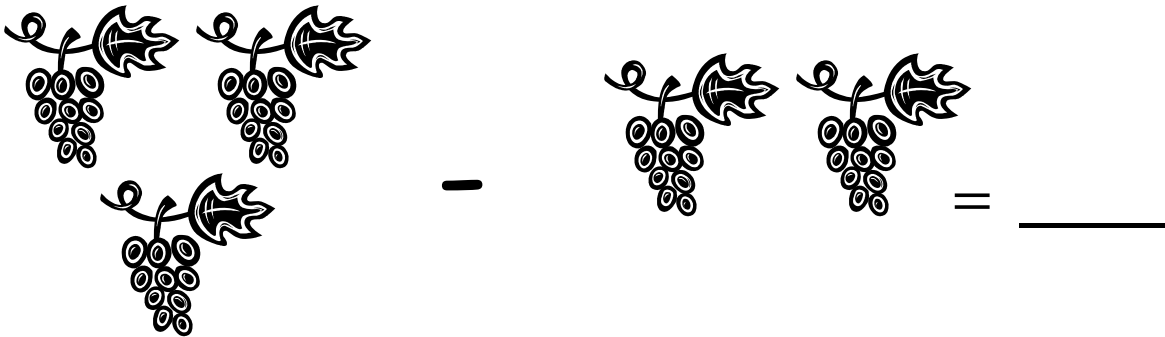
3. There are 7 apples all together and you eat 3. How many are left?



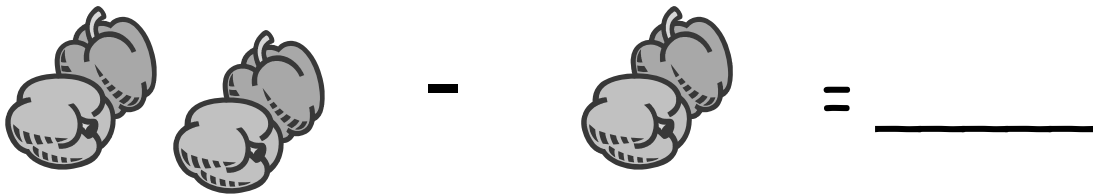
4. There are 8 bunches of broccoli in the store and you buy 4. How many are left?



5. There are 3 bunches of grapes on the vine. You pick 2 bunches. How many are left?



6. There are 4 green peppers. You eat 2. How many are left?



Name: _____

A Moooving Story about Milk

Directions: Answer the questions below.

1. Name a type of truck
_____ A
2. What cheese do you like best
_____ B
3. Who is your best friend
_____ C
4. What animal do you like best
_____ D
5. What sport do you like best
_____ E
6. Name something that is strong
_____ F
7. What holiday do you like best
_____ G
8. What type of milk do you drink
_____ H
9. What song do you like best
_____ I
10. What month is your birthday
_____ J
11. What is your town
_____ K
12. What color do you like best
_____ L

Name: _____

A Moooving Story about Milk

Directions: Fill in the story with the words.

I was driving in my _____ on the roads in Mount
_____. I saw a _____ cow. Next to her, a
_____ was singing _____ as loud as he
could. When _____ saw me, he stopped. He stared at me. He
asked me what was in my _____?

I said, "I have low-fat dairy products. I am taking them to
_____ for the _____ party. Did you know
they always have a party for _____ in
_____?"

The cow said her name was _____. She was happy that I
had _____ milk, yogurt and cheese in my truck. She asked if I
knew that I needed low-fat dairy foods to be healthy.

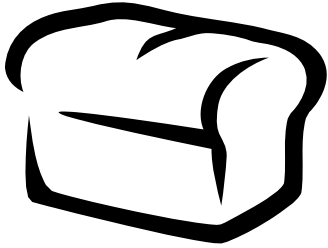
The _____ said, "Excuse me." He wanted to tell me that
low-fat dairy foods have lots of calcium. Calcium makes bones as strong as
_____. _____ agreed. She also said that
you need strong bones to do your best at _____.

After a snack of whole-grain crackers, _____ and grapes,
I said goodbye. I drove to _____ just in time for
_____.

Name _____

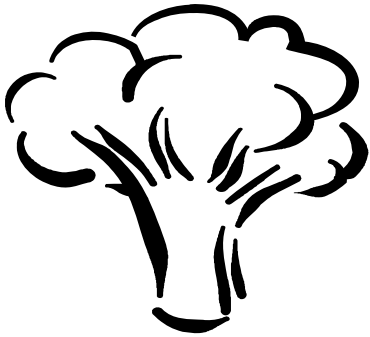
My Favorite Foods

What foods do you like to eat? Where do they fit in on MyPyramid? Make a list of the foods you like from each of the food groups listed.



Grains I like:

Think about whole grains!



Vegetables I like:

Eat lots of colors!



Fruits I like:

Fruit is sweet!



Dairy products I like:

Think about low-fat dairy products!

Grade 1

Focus on Fruits and Vary Your Veggies

Healthful Living Objective

4.04 Identify foods and beverages high in added sugar and generate examples of appealing healthy alternatives.

Math Objective

5.01 Sort and classify objects by two attributes.

English Language Arts Objective

- 1.02** Demonstrate decoding and word recognition strategies and skills.
- Generate the sounds from all the letters and appropriate letter patterns which should include consonant blends and long and short vowel patterns
 - Use phonics knowledge of sound-letter relationships to decode regular one-syllable words when reading words and text
 - Recognize many high frequency and/or common irregularly spelled words in text
 - Read compound words and contractions
 - Read inflectional forms (e.g., -s, -ed, -ing) and root words (e.g., looks, looked, looking)
 - Read appropriate word families

Teacher Resources

- *What Foods are in the Fruit Group?*
- *What Foods are in the Vegetable Group?*
- *Teaching MyPyramid*
- *MyPyramid for Kids*

Materials Needed

- Carrot
- Marshmallow
- Two dull knives
- *Fruit and Vegetable Word Cards* – cut along dotted lines and laminate for long-term use
- Two paper bags – one labeled **Fruits** and one labeled **Vegetables**
- *Jennie's Garden* – made into an overhead transparency

Handouts

- *Jennie's Garden*
- *My Imaginary Garden*
- *Fruits and Vegetables: First Letters*

Focus

Demonstrate the presence of processed sugar in food by cutting a carrot and a marshmallow in half with separate knives. Allow students to feel each knife. Explain that the sugar in the marshmallow makes the knife sticky. Tell students that when they eat sugary snacks, the sugar sticks to their teeth the same way. Explain that we don't want to eat too many foods that have lots of sugar in them and that a better snack is a fruit or vegetable. Ask students to share what their favorite fruit or vegetable is.

Teacher Input

Using the *What Foods are in the Fruit Group?*, *What Foods are in the Vegetable Group?*, *Teaching MyPyramid*, and *MyPyramid for Kids* teacher resources discuss the health benefits of the fruit and vegetable groups. Give examples of several fruits and vegetables and ask students whether they are sweet. Ask students to give examples of other foods and beverages that are sweet. Point out that fruits and vegetables are much healthier for us and are sometimes naturally sweet.

Practice and Assessment

Provide each student with *Fruit and Vegetable Word Card*. Go over the pronunciation of the fruit or vegetable on each card. Instruct students to place cards in either the **Fruits** bag or the **Vegetables** bag. **OPTIONAL:** label several bags different colors such as red, blue, green, orange and yellow. Direct students to sort the cards by color.

Distribute the *Jennie's Garden* handout. Place a transparency of the handout on the overhead. Read out loud and have students fill in the blanks. Instruct students to come up with a few sentences that describe who, when, where, what and how. Write these sentences on the board. Ask the students if any of them have a garden at home and talk about home gardens as a source of fresh fruits and vegetables.

Distribute and instruct students to complete the *My Imaginary Garden* handout by writing a complete sentence about their own imaginary gardens. The sentence should include a fruit or vegetable that will be grown; who will grow it, pick and prepare it; how it will be eaten and with which meal or snack it will be eaten. At the bottom of the page, direct students to draw a picture of their garden.

Distribute and instruct students to complete the *Fruits and Vegetables: First Letters* handout.

Additional Activity

If space is adequate, talk to the school administrators about starting a garden on school grounds or use small individual pots for each student. Discuss the growth of a plant from seed and the life cycle of the plant. Easy seeds to grow include lettuce, tomatoes, beans, peppers, peas, zucchini and cucumbers.

Sweet Corn

Broccoli

Peas

Green Pear

Red Pear

Peach

Red Apple

Carrot

Green Apple

Radish

Lettuce

Yellow Apple

Sweet Potato

Blueberry

Potato

Apricot

Green Beans

Strawberry

Collards

Red Grapes

Orange

Spinach

Banana

Green Pepper

Zucchini

Asparagus

Kiwi

Watermelon

Green Grapes

Red Pepper

Plum

Raisins

Eggplant

Avocado

Yellow Squash

Cabbage

Celery

Cucumbers

Okra

Mushrooms

Cantaloupe

Lemon

Mango

Pineapple

Butternut Squash

Pumpkin

Cherries

Tomato



Name: _____

Jennie's Garden

Once upon a time there was a little girl named Jennie. Jennie lived on a farm. Jennie had her own garden where she grew lots of fruits and vegetables. Jennie's favorite color was _____. The plant in her garden that was her favorite color was _____. Her favorite animal was _____. This animal liked to come into Jennie's garden and eat the _____ that she grew. Jennie's favorite fruit in her garden was _____.

She ate it at _____ and _____. She liked to cut it up and put it on her _____. It tasted _____.

Jennie's favorite vegetable was _____. She liked to eat it with _____. She ate it at every meal. At breakfast she ate it on her _____. At lunch, she ate it with _____. At dinner, she ate it in _____. For a snack, she ate it all by itself! Do you know why Jennie liked to eat fruits and vegetables so much?



Name: _____

My Imaginary Garden



Who:

What:

When:

Where:

How:

Write a sentence telling who, what, when, where and how:

Draw a picture of your garden:

Name _____

Fruits and Vegetables: First Letters

Write the first letter of the name of the fruit or vegetable next to the picture.



