

# Race Week #1

## Pyramid Power!!

### Fueling your body for the race to good nutrition

- BASIC LESSON:** This week introduces the Food Guide Pyramid to your class.
- TEACHER PREP:** Please read pages 11,12,14 of the Food Guide Pyramid document
- THE RACE:** Get students started on the track to good nutrition. Remind them to eat all five components of the school meal. Help them fill in their road map if they do.
- CHECKPOINT:** Students will be racing to the Pyramid Power checkpoint.
- PRIZE:** The prize for this week is a “Pyramid your Power” bookmark.
- PARENTS:** A letter/newsletter describing the Food Guide Pyramid  
Take home pyramid for parents to post on the refrigerator

# Pyramid Power!!

## Fueling your body for the race to good nutrition



### LESSON Content

- Introduction to The Food Guide Pyramid (health)
- Pyramid Poem Writing Exercise (language arts)
- Fruit & Vegetable Race Car (art)



### LEARNING Objectives

- Students will become familiar with the Food Guide Pyramid (health)
- Students will learn to identify which foods belong to each group in the Pyramid (health)
- Students will be able to name and correctly place foods in the group to which they belong in the Pyramid (health)
- Children will learn countries/cultures of origin of certain foods. (social studies)



Lesson TIME: 30 minutes per lesson

Preparation TIME: 15 minutes to review lesson, make copies of handouts  
And assemble needed supplies



### MATERIALS Needed

- The Food Guide Pyramid Poster (K-6)
- Blank Food Guide Pyramid coloring sheets (K-4)
- Blank Food Guide Pyramid collage sheets (G5-6)
- Blank Food Coloring Sheets (G3-4)
- Color Crayons (K-4)
- Magazine, scissors, glue (G5-6)



### NJ CORE CURRICULUM Content Standards for Comprehensive Health & Physical Fitness

The lessons in this week meet Section 2.1 Strand C as follows:

2.1 C (1 + 2) for Kindergarten thru second grade

2.1 C (1 + 2) for grades 3-4

2.1 C (2) for grades 5-6

**Lesson #1 - Building the Pyramid** (health & social studies)

Lesson Objective:

- Children will learn the names of foods included in the pyramid (health).
- Children will learn which foods belong to which groups in the pyramid (health).
- Children will learn countries/cultures of origin of certain foods. (social studies)

Materials:

- Food Guide Pyramid poster (Support Materials)
- Food Guide Pyramid for coloring (Support Materials)

Lesson:

Display the poster to assist the children in seeing, recognizing and identifying the components of the pyramid.

Ask children to count the sections of the pyramid (6).

Ask them to name each level of the pyramid.

Focus on one segment of the pyramid at a time and ask children to name foods in that particular segment (for example, in the fruit group they might name blueberries or apricots).

Ask the children to name their favorite food in each segment of the pyramid.

Have the children each color the foods in a food guide pyramid.

Ask them to circle one food that they have never eaten.

Ask them if they would eat that food. Encourage them to ask their parents to buy and serve it.

**Lesson #2 – Word Rhymes** (language)

Materials:

- Pencils, paper

Lesson:

Ask each child to name a favorite fruit. Ask them to make a list of words that rhyme with the name of their favorite fruit.

For example: peach, teach, reach, leach.  
Plum, thumb, dumb

**Lesson #3 – Build Indy Race Car** (Art)

Each child will build a race car. Instructions in Support Materials.

Materials:

For each child you will need:

- 1 celery stalk
- 4 carrot “coins”
- 4 toothpicks
- 1 tablespoon peanut butter
- 1 plastic knife
- 1 small radish triangle

Lesson:

Have children assemble vegetables to create a race car. Point out that peanut butter belongs to the Meat or protein food group. Peanut butter can be spread on celery, apple slice or crackers for a nutritious snack.

**Lesson #1 - Building the Pyramid** (health & social studies)

Lesson Objective:

Children will learn the names of foods included in the pyramid (health).

Children will learn which foods belong to which groups in the pyramid (health).

Children will learn countries/cultures of origin of certain foods. (social studies)

Materials:

Food Guide Pyramid poster (Support Materials)

Food Guide Pyramid for coloring (Support Materials)

Crayons

Lesson:

Display the poster to assist the children in seeing, recognizing and identifying the components of the pyramid.

Ask children to count the sections of the pyramid (6).

Ask them to name each level of the pyramid.

Focus on one segment of the pyramid at a time and ask children to name foods in that particular segment (for example, in the fruit group they might name blueberries or apricots).

Ask each child to draw an arrow to each food in a group and write the name of the food.

Ask the children to name their favorite food in each segment of the pyramid.

Have the children each color the foods in a food guide pyramid.

Ask them to circle one food that they have never eaten.

Ask them if they would eat that food? Encourage them to ask their parents to buy and serve it.

If you have children whose parents were born elsewhere or who are different ethnic backgrounds, have them name foods in each pyramid group that are from their country of heritage or ethnic group. For example, tortillas from Mexico and Couscous from Morocco are part of the bread & cereal group; pineapples from Hawaii and Kiwi from New Zealand are part of the fruit group.

**Lesson #2 – Fruit Poem** (language)

Materials:

Pencils, paper

Lesson:

Ask each child to name a favorite fruit. Ask them to make a list of words that rhyme with the name of their favorite fruit. Ask them to write a poem using the rhyming words.

For example: I know that it is really dumb  
To stick a pumpkin with your thumb  
But its Ok to thumb a plum!

**Lesson #3 – Build Indy Race Car** (Art)

Each child will build a race car. Instructions in Support Materials.

Materials:

For each child you will need:

1 celery stalk

4 carrot “coins”

4 toothpicks

1 tablespoon peanut butter

1 plastic knife

1 small radish triangle

Lesson:

Have children assemble vegetables to create a race car. Point out that peanut butter belongs to the Meat or protein food group. Peanut butter can be spread on celery, apple slice or crackers for a nutritious snack.

**Lesson #1 - Building the Pyramid** (health & social studies)

Lesson Objective:

- Children will learn the names of foods included in the pyramid (health).
- Children will learn which foods belong to which groups in the pyramid (health).
- Children will learn countries/cultures of origin of certain foods. (social studies)

Materials:

- Food Guide Pyramid poster (Support Materials)
- Blank Food Guide Pyramid (Support Materials)
- 2 pages of foods to color (Support Materials)
- Crayons
- Scissors
- Paste or glue

Lesson:

- Display the poster to assist the children in seeing, recognizing and identifying components of the pyramid.
- Ask them to name each level of the pyramid.
- Focus on one segment of the pyramid at a time and ask children to name foods in that particular segment (for example, in the fruit group they might name blueberries or apricots).
- Ask them to name other foods that are not pictured but that belong in that group.
- Ask the children to name their favorite food in each segment of the pyramid.
- Ask them to circle one food that they have never eaten.
- Ask them if they would eat that food. Encourage them to ask their parents to buy and serve it.
- Have the children color the 2 pages of food pictures.
- When they finish coloring them, have them cut out the pictures.
- Give each child a blank pyramid and ask them to paste their cutouts in the appropriate pyramid group.
- If you have children whose parents were born elsewhere or who are different ethnic backgrounds, have them name foods in each pyramid group that are from their country of heritage or ethnic group. For example, tortillas from Mexico and Couscous from Morocco are part of the bread & cereal group; pineapples from Hawaii and Kiwi from New Zealand are part of the fruit group.

**Lesson #2 – Fruit Poem** (language)

Materials:

- Pencils, paper

Lesson:

- Ask each child to name a favorite fruit. Ask them to make a list of words that rhyme with the name of their favorite fruit. Ask them to write a poem using the rhyming words.
- For example: I know that it is really dumb  
To stick a pumpkin with your thumb  
But its Ok to thumb a plum!

**Lesson #3 – Build Indy Race Car** (Art)

Each child will build a race car. Instructions in Support Materials.

Materials:

For each child you will need:

- 1 celery stalk
- 4 carrot “coins”
- 4 toothpicks
- 1 tablespoon peanut butter
- 1 plastic knife
- 1 small radish triangle

Lesson:

Have children assemble vegetables to create a race car. Point out that peanut butter belongs to the Meat or protein food group. Peanut butter can be spread on celery, apple slice or crackers for a nutritious snack.

**Lesson #1 - Building the Pyramid** (health & social studies)

Lesson Objective:

- Children will learn the names of foods included in the pyramid (health).
- Children will learn which foods belong to which groups in the pyramid (health).
- Children will learn countries/cultures of origin of certain foods. (social studies)

Materials:

- Food Guide Pyramid poster (Support Materials)
- Blank Food Guide Pyramid (Support Materials)
- Magazines
- Scissors
- Paste or glue

Lesson:

- Display the poster to assist the children in seeing, recognizing and identifying the components of the pyramid.
- Ask them to name each level of the pyramid.
- Focus on one segment of the pyramid at a time and ask children to name foods in that particular segment (for example, in the fruit group they might name blueberries or apricots).
- Ask them to name other foods that are not pictured but that belong in that group.
- Ask the children to name their favorite food in each segment of the pyramid.
- Ask them to circle one food that they have never eaten.
- Ask them if they would eat it. Encourage them to ask their parents to buy and serve it.
- Have the children clip photographs of foods from magazines.
- Give each child a blank food guide pyramid and ask them to paste their cutouts in the appropriate group on the pyramid.
- Ask each child to create a diet plan for one day for themselves that includes foods they would be willing to eat and including all the recommended servings of foods from each of the food groups.
- If you have children whose parents were born elsewhere or who are different ethnic backgrounds, have them name foods in each pyramid group that are from their country of heritage or ethnic group. For example, tortillas from Mexico and Couscous from Morocco are part of the bread & cereal group; pineapples from Hawaii and Kiwi from New Zealand are part of the fruit group.

**Lesson #2 – Fruit Poem** (language)

Materials:

- Pencils, paper

Lesson:

- This is a homework assignment. Ask each child to select a fruit. Ask them to learn at least three facts about that fruit. Using those facts, ask them to write a poem. Ask them to underline the fact words.
- For example, if a child selected oranges they might learn that they grow on a *tree*, they have a *skin* and they are used to make juice.

This little fruit grows on a *tree*  
It's as sweet as sweet can be.  
Even though it has a *peel*  
It's easy to eat- no big deal!  
And if you don't like it whole  
Just squeeze the *juice* into a bowl!

### **Lesson #3 – Build Indy Race Car (Art)**

Each child will build a race car of their own design. Demonstrate a basic design. Instructions in Support Materials.

#### **Materials:**

For each ten children, have the following on hand:

- 3 celery stalks
- 20 carrot “coins”
- 50 toothpicks
- 1/2 cup peanut butter
- 10 plastic knives
- 1 small radish
- 10 raisins
- 10 grapes

#### **Lesson:**

Have children assemble fruits/vegetables to create a race car. Point out that peanut butter belongs to the Meat or protein food group. Peanut butter can be spread on celery, apple slice or crackers for a nutritious snack.

# SUPPORT MATERIALS

Week #1

Pyramid Power

# FUEL UP

with



New Jersey School Lunch Program  
Race to Good Nutrition



This week's Pyramid Power Recipes:

## PYRAMID SOUP

This recipe contains ingredients from each of the food groups. It's easy to make.

First make the soup "base".

In a saucepan, put

Cook the onion over low temperature until

Now the fun begins! Add at least one ingredient from each column below – the more

Dear Parent,

Today started the NJ Race to Good Nutrition. Be sure to ask your child if they ate foods from each of the five food groups at lunch today – and encourage them to do so everyday.

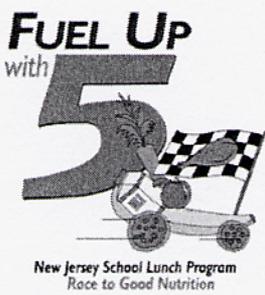
- 1 serving Grain Group – bread, cereal, rice, pasta
- 1 serving Fruit Group
- 1 serving Vegetable Group
- 1 serving Protein Group – meat, poultry, fish, dry beans, eggs, nuts
- 1 serving fluid milk

This week we will learn about the Food Guide Pyramid. Here is a copy so that you can post it on your refrigerator or some other place where your child can see it daily.

The Pyramid is a guide for good nutrition and health. It includes foods that build strong bodies, support activity and learning and prevent disease. Use the Pyramid to help plan meals for your child. Each food group has lots of choices. Try to avoid eating the same choices day in and day out. Choose foods that are new to you. Try them.....you will probably like them!!

This week's prize is a "Pyramid your Power" bookmark. Be sure to encourage your child to eat foods from the five food groups at lunch each day. The school lunch meal contains all five groups. If you pack a lunch, make sure you put in foods from all five groups. And tell your child to eat it all!

Add additional water to cover the ingredients. Cook at a slow rolling simmer until the ingredients are tender when poked with a fork. Add the milk – just enough to give it color. Remove as soon as the milk is warmed. Delicious!



This week's Pyramid Power Recipes:

### PYRAMID SOUP

This recipe contains ingredients from each of the food groups. It's easy to make. It tastes great! And, if you make a lot, you can freeze half of it for another day.

First make the soup "base."

In a saucepan, put 1 medium onion, finely chopped and 1 tablespoon of water. Cook the onion over low temperature until it becomes limp.

Add 1 can (10oz) of beef or chicken broth

Now the fun begins! Add at least one ingredient from each column below – the more variety you use, the tastier your soup will be! Note – do NOT add the milk until AFTER all the other ingredients are completely cooked.

CHOOSE AT LEAST ONE FROM EACH COLUMN – add about 1 cup full

Bread/Grain  
 Potato  
 Rice  
 Bulghur  
 Couscous  
 Barley

Fruit  
 Tomatoes are really the best choice or apples

Vegetable  
 As many as you could like! Use different colors!

Protein  
 Beans (any kind) are an excellent choice. Or add leftover meat or chicken

Dairy  
 Remember! Add milk AFTER all other items are cooked

Add additional water to cover the ingredients. Cook at a slow rolling simmer until the ingredients are tender when poked with a fork. Add the milk – just enough to give it color. Remove as soon as the milk is warmed. Delicious!

# Food Guide Pyramid

## A Guide to Daily Food Choices

Fats, Oils, & Sweets  
**USE SPARINGLY**

### KEY

- ◻ Fat (naturally occurring and added)
- ◻ Sugars (added)

These symbols show fat and added sugars in foods.

Milk, Yogurt, & Cheese Group  
**2-3 SERVINGS**

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group  
**2-3 SERVINGS**

Vegetable Group  
**3-5 SERVINGS**

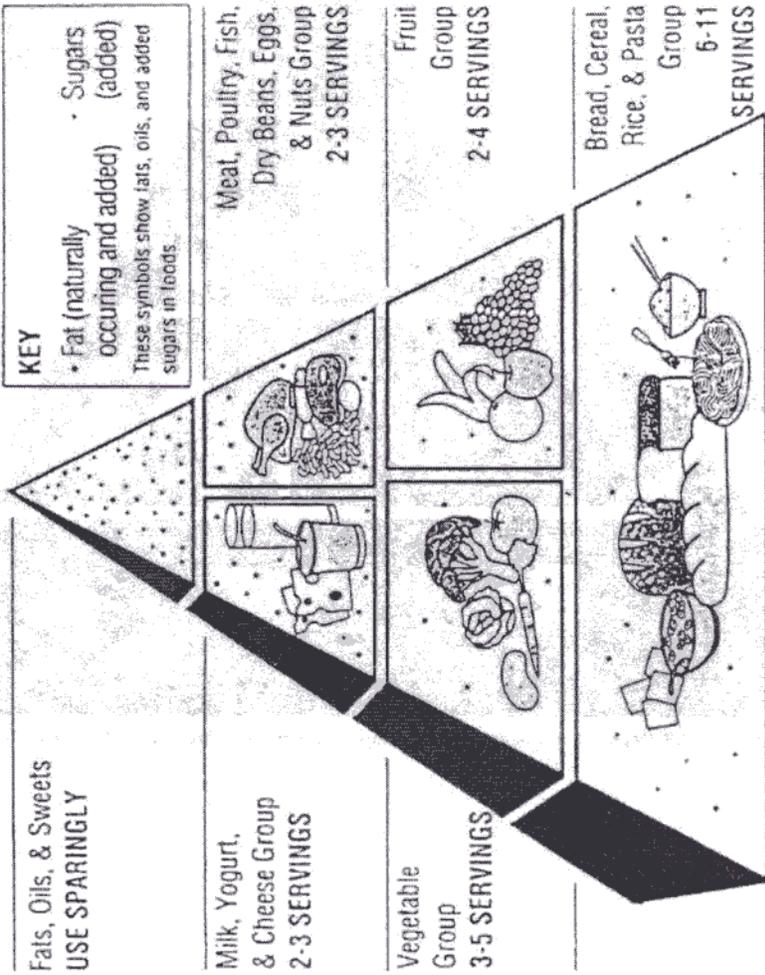
Fruit Group  
**2-4 SERVINGS**

Bread, Cereal, Rice, & Pasta Group  
**6-11 SERVINGS**

Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

# Food Guide Pyramid

## A Guide to Daily Food Choices





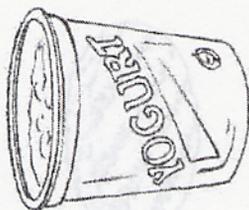
CARROT



PEAS



MUSHROOMS



YOGURT



STRING CHEESE



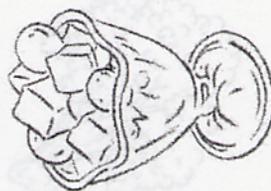
FROZEN YOGURT



APPLE



WATERMELON



FRUIT COCKTAIL



TUNA



DRIED BEANS



CHICKEN LEG



CEREAL



WAFFLE



CRACKERS



BREAD



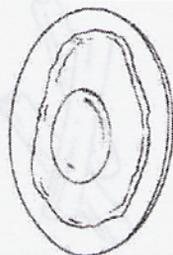
SPAGHETTI NOODLES



TACO SHELL



REFRIED BEANS



EGG



HAMBURGER



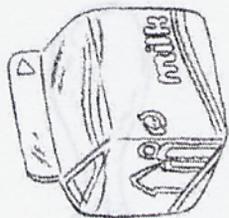
BROCCOLI



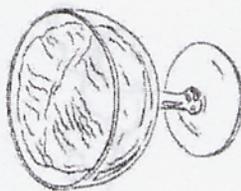
GREEN BEANS



CELERY



WHITE MILK



ICE CREAM



AMERICAN CHEESE



PEACHES



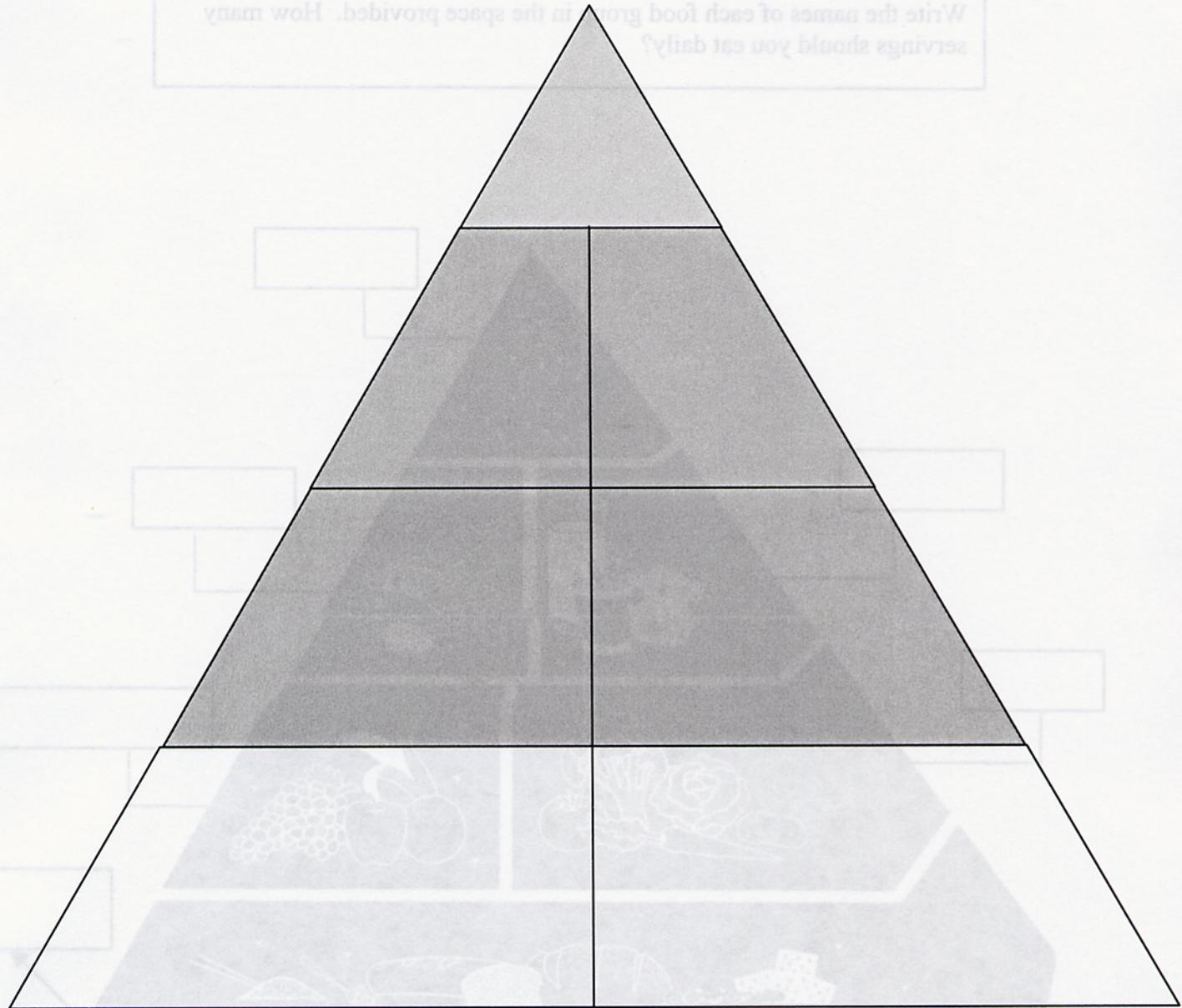
BANANA



GRAPES

# Food Guide Pyramid

First name each section of the food guide pyramid. Then draw or paste a picture of food from that group in each section of the pyramid.

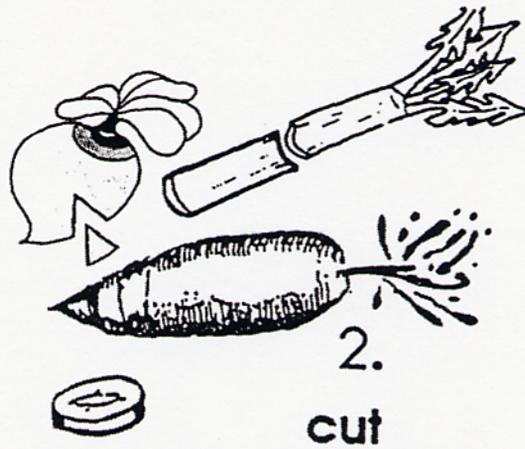


# Food Guide Pyramid

Write the names of each food group in the space provided. How many servings should you eat daily?

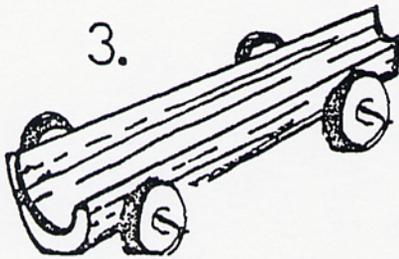


# Indy Race Cars

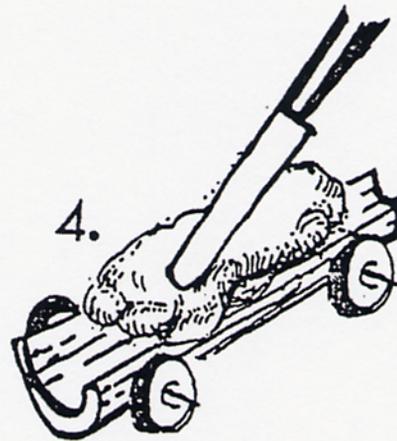


Wash celery, carrot and radish

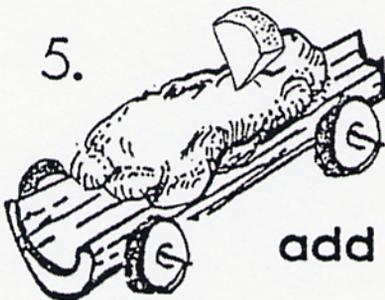
For each child, cut one piece of celery, 4 carrot coins and one radish wedge



use toothpicks to attach carrot coin wheels to "chasis"



Spread peanut butter on chasis



Add the radish wedge to make the "driver"

Courtesy of  
5-a-Day for Better Health K-6  
Curriculum Marion County Health  
Department Indianapolis, Indiana