

Fishing For Nutrition

Nutrition Lesson(s) Supported:

- My Pyramid

Supplies Needed:

- Food cards that support My Pyramid with a paper clip attached to each
- Yard stick with a string and magnet attached
- My Pyramid poster

Length of Time to Complete:

10 to 15 minutes

Audience (grades): K-2nd grade

Lesson:

Many of you have probably seen this picture before. This pyramid is called Mypyramid and it was created to help teach us what a balanced diet consists of! Eating a well-balanced diet helps us stay healthy, grow strong, and helps us perform at our best!

There are 5 major food groups highlighted on the food pyramid. Each color represents a different food group:

Orange: Grains group. The grain group includes foods such as oats, rice, pasta, and bread. Remember that half of your grains should be whole grains.

Green: Vegetable group. The vegetable group consists of foods such as cucumbers, lettuce, broccoli, and carrots.

Red: Fruits. The fruit group includes foods such as bananas, apples, oranges and berries.

Blue: Milk group. The milk group contains foods such as yogurt, cheese, and cottage cheese.

Purple: Protein group. The protein group consists of foods such as meat, fish, eggs, nuts, and seeds.

If you notice, there is also a **yellow-strip** on the pyramid, but it is not a food group; this is the healthy oils category. It includes foods such as olive oil and other healthy oils found in nuts, oily fish and even coconuts! The reason this strip is so small (and is not a food group) is because it should only and make up a small amount of your diet.

Process:

Arrange children so that they are sitting in a circle. Show the children each food card and discuss where it is on the food pyramid (hold up the My Pyramid Poster). Place the food cards face down in the middle of the circle.

Explain to the children that the food cards are the fish in the pond. Have the children take turns "fishing" for GO foods. Each child will reel in the GO food card and choose what food group it belongs in on the pyramid.