

## Five Food Group Mobiles

### **Nutrition Lesson(s) Supported:**

- My Pyramid
- Balanced Plates

### **Length of Time to Complete:**

15 minutes

### **Audience (grades):** K-2

### **Supplies Needed:**

Orange, Red, Green, Purple, and Blue construction paper, crayons or markers, magazines, newspapers, scissors, glue, string or yarn, paper towel rolls, tape, copies of My Pyramid.

### **Process:**

Sometimes children have a hard time categorizing foods by food group, especially younger students. Discuss My Pyramid with them and brainstorm Go Foods that fall into the various food groups.

Draw or cut out pictures of GO foods from magazines.

Help the children sort the pictures into food groups.

Give each child pieces of construction paper labeled at the top as follows

- Orange = Grains
- Green = Vegetables
- Red = Fruit
- Blue = Dairy / Calcium Rich
- Purple = Meat and Beans

Glue pictures onto the appropriate piece of construction paper.

Decorate the paper towel roll as desired.

String each piece of construction paper from the paper towel roll.

Put a piece of string through the paper towel roll to hang from the wall or ceiling in the kitchen.