

## Cross Curricular Activity: Health and Science

**Lesson:** *Food Pyramid*

**Grade Level:** 1- 3

**Overview:** This exercise uses the Food Pyramid to teach students about healthy eating choices.

**Approximate Duration:** one class period

**National Social Studies Standards:** [NS.K-4.6](http://www.educationworld.com/standards/national/science/k_4.shtml) Personal and Social Perspectives  
[http://www.educationworld.com/standards/national/science/k\\_4.shtml](http://www.educationworld.com/standards/national/science/k_4.shtml)

**Objective:** Students will gain an understanding of the Food Pyramid and learn how to use it to make healthy eating choices.

### Procedure:

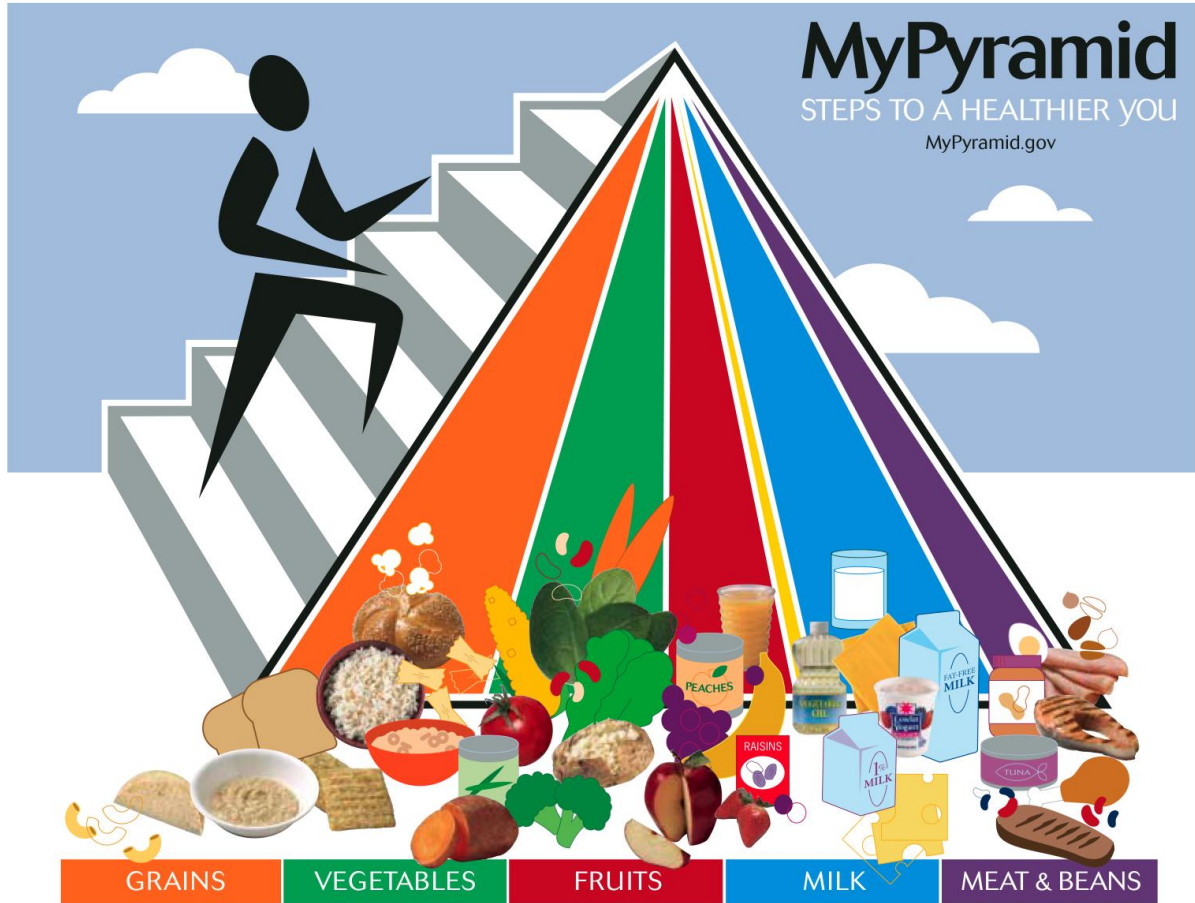
Materials:

1. Transparency of the My Pyramid Food Pyramid (Food Pyramid is attached)
  2. Images of foods from different food groups (images are attached, magazines work great if additional food images are needed)
  3. Magnets (or sticky tack) to place food images on surface where Food Pyramid is projected
- Divide students into groups of 3 or 4. Divide images of food evenly between each group.
  - Ask students to list their favorite things to eat. Write them on the board under the headings HEALTHY and NOT HEALTHY. Discuss with students what would happen if they only ate the things listed under the NOT HEALTHY heading.
  - Introduce the Food Pyramid to students. Explain the different groups and why some groups are wider than others. Explain that physical activity is just as important as eating right.

### Assessment:

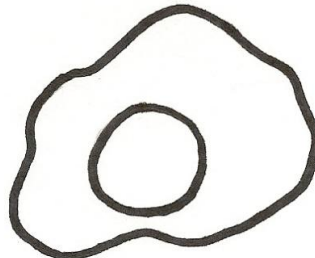
- Ask students to say which group they think the vegetables from their garden will go into.
- Ask students to say which groups they think their favorite foods go into.
- Have students place their food images where they think it belongs on the projected Food Pyramid.
- Ask students which food they think is healthiest in each group.
- Explain to students that they can use the Food Pyramid anytime they eat to help them eat better!

Inspired by: [http://parks.sandi.net/Pages/Garden/Lesson%20Plans/Garden%20Lesson%20%202%201\\_3.pdf](http://parks.sandi.net/Pages/Garden/Lesson%20Plans/Garden%20Lesson%20%202%201_3.pdf)

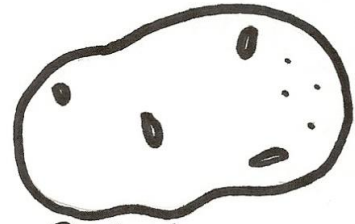




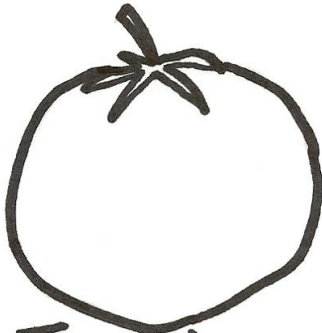
Blueberry Muffin



Egg



Potato



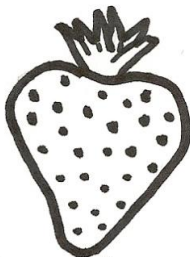
Tomato



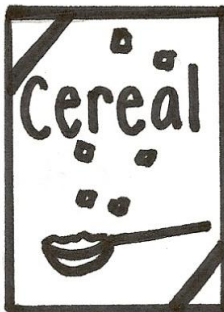
Peas



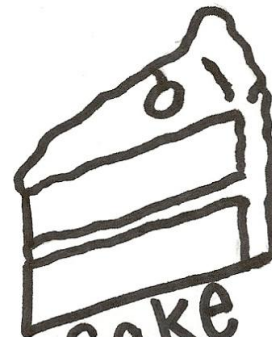
Ham



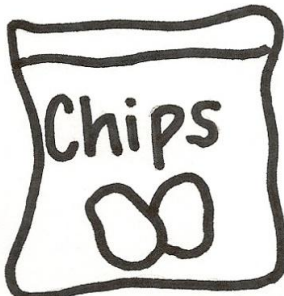
Strawberry



Cereal



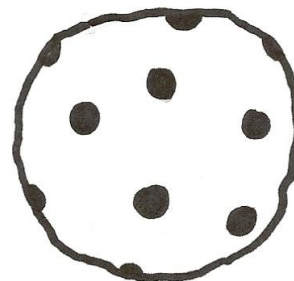
Cake



Chips



Onion



Cookie



Yogurt



Pasta



