

Health Works with MyPyramid!



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**Classroom
Multiple
Grades**

Activity Idea: Locomotor Labels

Description: Kids will recognize food labels (pre K - 2) and/or practice reading food labels (3 - 8) while participating in physical activity.

National Health Education Standards: 1, 3, 5, 7

Things you need:

- LOTS of empty food packages or food picture cards with Nutrition Facts labels
- One whistle

Activity:

1. Place empty food containers (or pictures) at one end of a large area.
2. At the opposite end, divide kids into several groups.
3. Instruct players that on signal, you will name a locomotor skill; and one person (in a relay format) from each group will use that skill to move to the other end of the area and collect a food picture or package.
Note: To signal changes in movement during the game, blow the whistle before randomly calling out different locomotor skills.
4. Continue until every person has at least one item.
5. Ask kids to identify the Nutrition Facts label on each item.
6. From each kids' group, select several food items. Use them to discuss food groups represented and the importance of choosing a variety of healthy foods.

Pre K - 2nd Grade

Complete activities as a group.

3rd - 5th Grade

1. Follow steps 1 - 4 above.
2. Instruct kids to look at the Nutrition Facts labels on their packages and line up - from lowest to highest - according to the number of fat grams shown on their package.
3. After each group has lined up, ask the kids with the highest number of fat grams to come forward.
4. Ask kids to try to determine why these foods were high in fat.

6th - 8th Grade

1. Follow all steps for grades 3 - 5.
2. For those high fat foods, determine the number of minutes of physical activity are needed to burn off the energy in (from fat) and energy out (physical activity). Helpful hints: There are 9 calories in each gram of fat. Estimate that a person burns about 3 calories/min. walking at a moderate pace.

Option: Use this activity to identify sugar or any other information on the food label.

Locomotor skills: ~ Walk ~ Run ~ Jump ~ Gallop ~ Hop ~ Skip ~ Slide

Skim Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 8%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Sat Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>