

Purpose

Gives students an opportunity to associate MyPyramid colors with the five food groups and to use healthy foods from all food groups to make a meal.

Supplies needed

- 5 colored bags
- Food cards

Alternate Activity

Food Group “Match-up” and Making a Meal

- 1 Tell students: We are going to have some fun learning the colors of MyPyramid.
- 2 Give students a food card from one of the five food groups.
- 3 Place five opened paper bags at the front of the room. Each bag is a color of a food group on MyPyramid.
- 4 Students come to the front of the room and place their food card in the bag that correctly represents the group in which it belongs.
5. When all students have finished, check the bags, and make any corrections with the class.
- 6 Next, plan a meal either as a class or in small groups. Redistribute food cards to students. Remind students that a healthy meal involves foods from all 5 food groups.
7. Ask the students holding Meat and Bean food cards to go to the corners of the room (4 students).
8. Next, have all the students with Vegetable food cards hold up their cards. Students in the Meat and Bean group choose a vegetable to go with their food. Those students go to the corners. Continue until all groups are represented in the meal. Discuss the meals that were made.

Alternative Activity:

Ask one student to name his/her food and what food group it is in. Students then identify another food group they should include with their meal. When the class chooses, ask those students holding foods in that group to stand up. Let the class choose one for their meal. Continue making a meal until all food groups are represented.