Lesson 2
What Should I Eat?

Knowledge objectives
Students will identify food groups on MyPyramid and know they need to eat food from each group daily.

Behavioral objectives:
Students will plan healthy meals and snacks based on MyPyramid.

Review of Lesson 1
Ask the class to name some of the community resources discussed during the last class. Make a list on the chalkboard or flip chart. Ask if any of the students have accessed any of the resources. What did they find out? Did they get the help they needed?

Doing the lesson
MyPyramid
Point to the MyPyramid Poster and say:

• Today, we are going to talk about MyPyramid and how eating foods from the five food groups can help you deliver a healthy baby and look and feel your best while you are pregnant.
• MyPyramid gives us advice about what we should eat every day. It emphasizes foods from five food groups: Grains, Vegetables, Fruits, Milk and Meat & Beans.
• Each of the five food groups provides some, but not all of the nutrients we need each day. To have a healthy baby, you need them all.
• In a later lesson, we will talk more about the different roles each nutrient plays in helping you deliver a healthy baby. In this lesson, we will concentrate on planning meals and snacks that include foods from all the food groups.

Supplies needed
• MyPyramid Poster*  
• foods, food models or everyday objects (see Advance preparation)  
• measuring cups  
• deck of cards
• optional: Pregnant and Growing* video (note: the old Food Guide Pyramid is shown briefly)

Core activities
• Group Think: Plan a Day’s Worth of MyPyramid Menus  
• Take a Taste for You and Your Baby  
• MyPyramid Challenge

Student handouts
• MyPyramid for Pregnancy Handout*  
• What Should I Eat? Wallet Card*

Teacher references
• Nutrients in Food Groups  
• Nutrient Functions

Advance preparation
• Use the two student handouts to guide you
MyPyramid recommends that we eat foods from each of the five food groups daily. How much food we eat depends on our gender, age and activity level (how active we are). You will need extra calories and food during your pregnancy to support your needs and the needs of your developing baby. Ask your health-care provider to help you plan how much food is right for you.

Give each student a copy of the MyPyramid for Pregnancy Handout. Discuss:

- How amounts of food are measured for each food group.
- The mini-messages and tips for each food group.
- The recommended amounts of food. (These are general guidelines. Teens and very active women may need more. Remind students that they should talk to their health-care providers about what amounts are right for them.)
- The information on physical activity during pregnancy.

Give each student a copy of the What Should I Eat? Wallet Card. Suggest that students carry it with them to help them visualize amounts of food.

Grains

Say to students:

- Grains are an important source of fiber, iron and several B vitamins, such as folate. Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects in your developing baby.
- Make half your grains whole. Whole grains contain more fiber and minerals than refined grains. (Ask the students for some ideas of how they could include more whole grains in their meals and snacks. For example: use whole-wheat bread for sandwiches and toast, try brown rice or whole-wheat pasta, have oatmeal for breakfast, snack on whole grain cereals.)
- Use food labels to help you find whole grains:
  1. Make sure one of these is listed first on the ingredient list: brown rice, bulgur, graham flour, oatmeal, whole-grain corn, whole oats, whole rye, whole wheat, wild rice.
  2. Foods labeled with the words multi-grain, stone-ground, 100 percent wheat, cracked wheat, seven-grain or bran are usually not whole-grain products. Remember, bread can be brown because of molasses or some other added ingredient. Read the ingredient list to see if it is a whole grain.
Vegetables
Say to students:

- Vegetables are important sources of many nutrients, like vitamins A and C, potassium, and fiber. Like grains, vegetables also give us folate, the B vitamin that reduces the risk of neural tube defects like spina bifida.
- *Vary your veggies.* Many of us don't get enough dark-green veggies like broccoli, spinach and other dark leafy greens.
- We also need to eat more orange vegetables like carrots, sweet potatoes and acorn squash.
- Dry beans and peas, like pinto beans, kidney beans and lentils, are also vegetables we should eat more often.

Fruits
Say to students:

- Fruits are important sources of many nutrients, like vitamin C, potassium, fiber and folate.
- *Focus on fruits* by eating a variety of fresh, frozen, canned and dried fruit.
- Make most of your choices whole or sliced fruit because they contain more fiber than juice.
- Vary your fruit choices to get the most nutrients. For example, have orange juice with breakfast, sliced bananas for a snack, and a slice of melon for dessert.
- Choose canned fruits in 100 percent fruit juice or water rather than syrup.

Milk
Say to students:

- *Get your calcium-rich foods* from the Milk Group. Besides calcium, foods in the Milk Group are important sources of potassium, vitamin D and protein.
- It’s important for pregnant teens to get enough calcium because they are still building bone and their babies also need calcium to form strong bones and teeth.
- Teens who drink soft drinks daily usually have lower calcium intakes than teens who don't drink soft drinks.
- Go low-fat or fat-free when choosing milk, yogurt or cheese. Low-fat products contain the same nutrients as whole milk without the fat and calories.
- If you can't drink milk because you get gas or cramps, choose lactose-free products or other calcium sources, like fortified foods and beverages.
Meat & Beans

Say to students:

- Foods in the Meat & Beans Group are important sources of nutrients like protein, iron, B vitamins, vitamin E, zinc and magnesium.
- Go lean with protein. Choose low-fat or lean meats and poultry.
- Use low-fat cooking methods like baking, broiling and grilling.
- Vary your protein routine by choosing more fish, beans, peas, nuts and seeds instead of meat or chicken.

When talking about ounce equivalents from the Meat & Beans Group, show students a deck of cards and say: Most people eat more than 1 ounce of meat, fish or poultry at a time. A deck of cards show us the size of about 3 ounces of meat, which is a good guideline for how much to eat at one time.

Choose foods wisely

As we choose foods from each group, it’s important to make wise choices. This means we should choose foods that are high in nutrients and low in added fat and sugars.

Point to the MyPyramid Poster and say: Pyramids are shapes that are wide at the bottom and narrow at the top. The wide bottom of a pyramid is what makes it strong.

The wide bottom of MyPyramid stands for foods with little or no added solid fats* or sugars. These foods give us lots of nutrients without a lot of calories. The meals and snacks we eat should come mostly from foods at the bottom of MyPyramid. If we do this, our bodies will be strong like a pyramid because we are eating foods with a lot of nutrients.

*Teaching tip

Explain that we need some fat in our diet to keep us healthy.

Most of our fat should come from nuts, oils in fish, and vegetable oils.

We should go easy on solid fats and foods that are high in solid fat. Solid fats are ones that are solid at room temperature. Examples are butter, stick margarine, fat on meat, shortening and lard.

Let’s go through each food group and name some of the foods at the bottom of MyPyramid:

- Grains: whole-grain breads and cereals
- Vegetables: any fresh, frozen or canned vegetable without added fat
- Fruits: any fresh, frozen, canned or dried fruit without added sugar
- Milk: skim or low-fat milk, cheese or yogurt
- Meat & Beans: extra-lean ground beef, lean cuts of meat, poultry with skin removed
The narrow top of MyPyramid (point to poster) stands for foods that have more solid fat and sugar added. They still give us a few nutrients, but with a lot of calories from fats and sugars.

As long as we pick most of our foods from the base of MyPyramid, we can fit a few high-calorie, low-nutrient foods into our meals and snacks. Let’s go through each food group and name some high-calorie, low-nutrient foods:

- Grains: biscuits, sweetened cereal, cake, donuts, cookies, sweet rolls, pastries
- Vegetables: french fries, onion rings
- Fruits: fruits in heavy syrup or with sugar added
- Milk: whole milk, sweetened yogurt, cheese sauce, ice cream
- Meat & Beans: sausage, fried chicken with skin, bologna, hot dogs

Some foods don’t fit in any food group. Let’s call them extras. They contain lots of solid fats and/or sugars and provide few, if any, nutrients. These are high-calorie, low-nutrient foods and we should limit the amount we eat. Can you name some of these foods? (Regular soda, fruit punch, candy, butter, stick margarine, cream cheese, sour cream, whipped cream, dessert toppings, gravy, jam, jelly)

What about water?

Say to students: Women who are pregnant need about 10 cups of fluid each day. To help you get your 10 cups a day, drink at least 8 cups of fluid like water, low-fat milk and 100 percent juice, and eat plenty of fruits and vegetables. Instead of drinking soft drinks, tea or coffee, drink a glass of water. Drink a glass of water with each meal. Don’t drink alcoholic beverages during pregnancy.

Planning meals and snacks

Say to students: Let’s use what we’ve learned about MyPyramid and the five food groups to plan some meals and snacks.

Do Group Think: Plan a Day’s Worth of MyPyramid Menus activity

Do Take a Taste for You and Your Baby activity

The theme is quick lunches. Suggested foods for tasting include Veggie Pockets and Loaded Eggs.

Review of Lesson 2

Do MyPyramid Challenge activity
Core activity

**Group Think: Plan a Day’s Worth of MyPyramid Menus**

1. Have the class break up into small groups. Give each group a copy of the handout to complete.
2. Give the groups 10 minutes to plan menus following the directions on the handout.
3. Come back together and ask each group to share one meal or snack that it planned.

**Purpose**
- Helps students plan meals and snacks based on MyPyramid.

**Student handout**
- *Group Think: Plan a Day’s Worth of MyPyramid Menus* (H-10)

**Advance Preparation**
- Make a copy of the handout for each group.
Core activity

Take a Taste for You and Your Baby

Lunches that pack lots of nutrients for you and your baby don't have to take a lot of time to prepare.

Loaded Eggs

Makes 4 servings

Equipment:
• mixing bowl
• wire whisk or fork
• skillet
• spatula
• cutting board
• sharp knife
• small bowls
• serving plates
• plastic spoons and forks

Ingredients:
• 4 eggs
• ¼ cup skim milk
• dash of salt and pepper
• 1 teaspoon margarine
• Prepare several fillings for the students to choose from. Some ideas: chopped cooked turkey or ham, shredded cheese, chopped bell pepper, chopped onion or chopped mushrooms.

Instructions:
2. Heat margarine in skillet over medium heat until melted.
3. Pour in egg mixture. With a spatula, gently lift edges until top is firm, not runny.
4. Sprinkle ½ cup filling on half of the omelet and fold in half.
5. Turn eggs onto plate and serve.

Veggie Pockets

Makes 4 servings

Equipment:
• sharp knife
• cutting board
• bowl
• spoon
• measuring cup
• serving plates

Ingredients:
• 1 cup cauliflower or broccoli
• 2 carrots
• 1 green, red or yellow bell pepper
• 4 whole-wheat pita pockets
• Italian salad dressing (have a regular and a light version for students to try)

Instructions:
1. Wash the vegetables and cut into bite-size pieces.
2. Mix vegetables together in a serving bowl and toss with salad dressing.
3. Cut pitas in half and stuff with vegetable mixture.
4. Place pitas on a serving platter.
Core activity

**MyPyramid Challenge**

**Purpose**
Helps students identify foods in each food group on MyPyramid.

**Supplies needed**
- optional: MyPyramid Challenge Board (see *Advance preparation*)
- optional: poster board, paper, markers, scissors, glue
- *MyPyramid Challenge Questions* (H-11 to H-13)
- PowerPoint CD-ROM game (a copy has been provided to each unit coordinator)

**Teacher references**
- *MyPyramid Challenge Sample*
- *MyPyramid Challenge Q&A*

**Advance preparation**
- To play this game, you will need to prepare a MyPyramid Challenge Board by drawing an outline of MyPyramid on the chalkboard or making a poster. Refer to the *MyPyramid Challenge Sample* furnished with this lesson to help you. If you make a poster, laminate it so it can be reused.
- Copy and cut out the *MyPyramid Challenge Questions*. Sort them by food groups.

1. This game is played like the game Jeopardy. Divide the class into two teams. Let the teams take turns choosing a category for questions.

2. Points are assigned on the MyPyramid Challenge Board for the team that answers correctly. If a team misses, give the other team a chance to answer. If the second team also gives an incorrect answer, tell both teams the correct response.

3. The team with the highest score at the end of the allotted time wins.

Adapted from University of Georgia Cooperative Extension Service.
Teacher reference
MyPyramid Challenge Sample

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>10</td>
</tr>
<tr>
<td>Vegetables</td>
<td>10</td>
</tr>
<tr>
<td>Fruits</td>
<td>10</td>
</tr>
<tr>
<td>Milk</td>
<td>10</td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>10</td>
</tr>
<tr>
<td>Fats, Sugars and Sodium (salt)</td>
<td>10</td>
</tr>
</tbody>
</table>

What Should I Eat?

2-9
Teacher reference
MyPyramid Challenge Q&A

Grains Group = 10 points
We should eat more of these foods from the Grain Group.
What are whole grains?

The amount of food from the Grain Group that counts as 1 ounce.
What is one slice of bread?
What is one (6-inch) tortilla?
What is 1 cup of breakfast cereal?
(or any other equivalent from the Grain Group)

Whole-wheat bread is part of this food group.
What is the Grain Group?

Oatmeal, popcorn and whole-wheat bread have this in common.
What are some whole-grain foods in the Grain Group?

Vegetable Group = 10 points
Sweet potatoes are part of this food group.
What is the Vegetable Group?

The amount of raw leafy greens that counts as 1 cup from the Vegetable Group.
What is 2 cups of raw leafy greens?

The amount of pinto beans that counts as 1 cup from the Vegetable Group.
What is 1 cup of pinto beans?

We should eat more of these orange and dark green vegetables.
What are broccoli, spinach, carrots and sweet potatoes?

Fruit Group = 10 points
Foods from this group naturally contain sugar.
What is the Fruit Group?

The amount of 100 percent fruit juice that counts as 1 cup in the Fruit Group.
What is 1 cup of juice?

Choose from these forms of fruit each day.
What is fresh, frozen, canned or dried fruit?

Kiwi fruit, orange juice, raisins and strawberries belong to this food group.
What is the Fruit Group?

Milk Group = 10 points
The type of milk that is lowest in fat.
What is skim (or fat-free) milk?

Other foods in the Milk Group that count as 1 cup of milk.
What is an 8-ounce container of yogurt?
What is 1½ ounces of hard cheese?
What is 1 cup of frozen yogurt?
(or any other equivalents from the Milk Group)
The major nutrient the Milk Group provides.
What is calcium?

A low-fat milk dessert.
What is frozen, low-fat yogurt?

**Meat & Beans Group = 10 points**
Chicken without the skin, black bean soup and 95 percent lean ground beef have this in common.

What are lean or low-fat choices from the Meat & Beans Group?

Other foods in the Meat & Beans Group that count as 1 ounce of meat.
What is \( \frac{1}{4} \) cup of cooked dry beans?
What is one egg?
What is 1 tablespoon of peanut butter?
(or any other 1-ounce equivalent from the Meat & Beans Group)

Ways to vary the protein foods you eat from the Meat & Beans Group.
What is choose more fish, beans, peas, nuts and seeds?

Methods of cooking meat that cut down on fat content.
What are baking, broiling or grilling?

**Fats, Sugars and Salt (sodium) = 10 points**
The wide bottom of MyPyramid stands for this.

What are foods with little or no added solid fats or sugars?

Most of the fat we eat should come from these sources.
What are fish, nuts and vegetable oils?

We should choose food and beverages that are low in this added ingredient.
What are sugars?

Check the Nutrition Facts label to keep these low in the foods we eat.
What are saturated fats, trans fats, sugars and sodium?

These fats are solid at room temperature.
What are butter, stick margarine, fat on meat, shortening and lard?
# Nutrients in Food Groups

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Nutrients</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>Fiber, B vitamins (thiamin, riboflavin, niacin and folate), minerals (iron, magnesium and selenium)</td>
<td>Whole grains are good sources of dietary fiber; most refined grains contain little fiber. Whole grains also contain more magnesium and selenium than refined grains.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Potassium, fiber, folate, vitamins A and C</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>Potassium, fiber, folate, vitamin C</td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>Calcium, potassium, vitamin D (if milk is fortified), protein</td>
<td></td>
</tr>
<tr>
<td>Meat &amp; Beans</td>
<td>Protein, B vitamins (niacin, thiamin, riboflavin, B-6, B-12), vitamin E, iron, zinc and magnesium</td>
<td></td>
</tr>
<tr>
<td>Nutrient</td>
<td>Function</td>
<td>Comments</td>
</tr>
<tr>
<td>----------</td>
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</tr>
<tr>
<td>Fiber</td>
<td>Fiber helps reduce blood cholesterol levels and may lower the risk of heart disease, promotes proper bowel function, helps reduce constipation and diverticulosis.</td>
<td></td>
</tr>
<tr>
<td>B vitamins (thiamin, riboflavin, niacin, and B-6) also see folate and vitamin B-12</td>
<td>B-vitamins play a key role in metabolism — they help the body release energy from protein, fat and carbohydrates. They are also essential for a healthy nervous system and help build tissues.</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>Folate is a B vitamin that helps the body form red blood cells and reduces the risk of neural tube defects (spina bifida and anencephaly during fetal development)</td>
<td></td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>Vitamin B-12 helps prevent megaloblastic anemia.</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>Iron is a mineral that carries oxygen in the blood.</td>
<td>Vitamin C-rich foods improve the absorption of iron from plant sources like whole-grain and enriched refined grain products.</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Magnesium is a mineral used in building bones and releasing energy from muscles.</td>
<td></td>
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<tr>
<td>Selenium</td>
<td>Selenium is a mineral that protects cells from oxidation and helps keep the immune system healthy.</td>
<td></td>
</tr>
<tr>
<td>Nutrient</td>
<td>Function</td>
<td>Comments</td>
</tr>
<tr>
<td>------------</td>
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<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Potassium</td>
<td>Potassium is a mineral that may help to maintain healthy blood pressure.</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Vitamin A keeps eyes, skin and internal organs healthy and helps to protect against infections</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy, important for growth and repair of all body tissues.</td>
<td>Aids in iron absorption.</td>
</tr>
<tr>
<td>Calcium</td>
<td>Calcium is a mineral used for building bones and teeth and in maintaining bone mass. It also helps blood clot and keeps nerves and muscles functioning properly.</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Vitamin D maintains proper levels of calcium and phosphorous, thereby helping to build and maintain bones.</td>
<td>The best sources of vitamin D are sunlight, fortified milk and milk products, and fortified breakfast cereal. Few foods contain vitamin D naturally.</td>
</tr>
<tr>
<td>Protein</td>
<td>Proteins function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes, hormones and vitamins.</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>Vitamin E is an antioxidant that helps protect vitamin A and essential fatty acids from cell oxidation.</td>
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</tbody>
</table>