Building MyPyramid  
Second Grade

Students learn that eating a variety of healthy foods from MyPyramid + being active = good health. To help them build a healthy body image, they learn that healthy bodies come in all sizes and shapes. Students become “ad-busters” by learning about techniques advertisers use to persuade consumers to buy food. There is also a family newsletter that can be reproduced and sent home to help families make healthy choices.

Lesson 1: I Spy MyPyramid
A fun introduction to MyPyramid and physical activity. Students learn that eating a variety of foods and staying active helps them stay healthy. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 2: I Spy Grains
Students learn that grains are the foundation of a healthy diet. They learn about eating more whole grains. Students learn that grains provide energy for growing, playing and learning. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a)

Lesson 3: I Spy Vegetables
Students learn why vegetables are healthy and that it is fun to try new ones. They participate in a physical activity that gets their hearts beating faster and learn that exercise is healthy. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 4: I Spy Fruits
Students learn why fruit is healthy and that it is fun to try new ones. They learn the difference between regular television programming and commercials, and they learn that commercials are designed to make products look appealing. A physical activity gets the students moving. (Show-Me Standard IIA: 1a, 2a; IIB: 2a; IIC: 1a)

Lesson 5: I Spy Milk
Students learn that foods made from milk work together with physical activity to make healthy bones. The activities include tasting yogurt. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)

Lesson 6: I Spy Meat & Beans
Students discover foods from the Meat & Beans Group, from both animal and plant sources. They learn that bodies come in all shapes and sizes and that some activities, like swimming, can stretch muscles and get the heart beating faster. (Show-Me Standard IIA: 1a, 2a; IIB: 2a)
Lesson 7: MyPyramid Power

Students learn that eating from all the food groups in MyPyramid is healthy. A fun game provides a review of all the lessons. (Show-Me Standard IIA: 1a, 2a; IIB: 2a, 3a; IIC: 1a)

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