Lesson One: Go Wild with My Pyramid

Lesson Objectives

Students will:
1. Learn that foods are divided into food groups.
2. Learn about grains as the first food group represented in MyPyramid.
3. Practice making a goal to change eating behavior.
4. Participate in physical activity while learning about the importance of daily physical activity as a part of good health.
5. Taste test a healthy food using a recipe from Go Wild with MyPyramid.

Materials Needed:

- Go Wild with MyPyramid Flipbook
- Food pictures of six servings of grains (half whole)
- Go Wild color sheet
- Go Wild with My Pyramid goal sheet.
- 3 x 5 cards
- Up tempo music: Move It, Move It from Madagascar
- Supplies for taco dip on whole grain cracker
- Folders
- Trackers
- Music CD
- Pencils
- Newsletters and family challenges

Activities:

1. Color first stripe of MyPyramid, draw a grain and write the name in the square.

2. Read flipbook
3. Making goals

How many of you have made a goal for yourself? Do you know what a goal is? A goal is something that you want to achieve. For example, I want to eat more fruit. To accomplish this I would like to make a goal to eat fruit with every lunch. Goals should be simple and doable. Don’t make a goal that’s so difficult you can’t achieve it. For older elementary explain SMART goals. Write these words on the board. Goals should be: 

S – specific (What exactly will you accomplish.)

M-measurable (How will you know when you have reached this goal?)

A – achievable (Is achieving this goal realistic. Have you the resources to achieve this goal? If not, how will you get them?)

R – relevant (Why is this goal significant to your life.)

T – timely (When will this goal be achieved?)

Why do you think it is important to have goals about what you eat or how active you are?

Between the times that I come to your class, I want you to work on goals for healthy eating and being more physically active.

Let’s practice making a goal for being more physically active. What do you want to achieve and how are you going to do it? On your tracker, write a goal to be more physically active. Take a few minutes to let students write their goals.

Share goals that children have made.

We also talked about grains today. When you have time, write a goal for eating whole grains, that we will talk about it next month.
4. **Step to MyPyramid Challenge**

Explain the Step to MyPyramid Challenge. Five to 10 minutes of physical activity in your classroom can help reach the 60 minutes of activity children should do each day.

5. **Moving More Game (source team nutrition)**

Tell children that they should be physically active at least 60 minutes every day. Daily physical activity is important to good health. Kids should be “vigorously active.” What does vigorous mean?

Ask students to brainstorm about active things they like to do. These could be sports moves like dunking a basketball and kicking a soccer ball, dance moves like hip hop or ballet, or just everyday activities like raking leaves or climbing stairs. As students make suggestions, write each on a 3 x 5 card.

Now have students draw a card and read what’s on it. Have students act out that movement for 15 to 30 seconds. Then draw another card. To keep the tempo up, play the Madagascar “Move It” music in the background.

6. **Taste Testing**

Demonstrate how to make the taco dip and top whole grain crackers – Use class helpers.

7. **Distribute newsletters and family challenges.**