Lesson - Go Wild with MyPyramid!: Grains

**Teacher Follow-up**
1. Step to MyPyramid: Enjoy a walk outside with your students.
2. Complete goals for eating more grains.
3. Collect family challenge sheets.

**Teacher Activities (Choose one or do them all!)**

1. Graphing Assignment. Have children keep track of what they eat for one day or for one meal. Graph individually or graph a sample day’s meals as a group.

   Graph out how many foods they ate from each food group:
   - Grains
   - Vegetables
   - Fruits
   - Milk, Cheese and Yogurt
   - Meat, Poultry, Fish, Eggs, Nuts & Beans

   Some of the foods students eat will be combination foods, such as pizza. Pizza would include the grain, milk, meat and vegetable groups.

   Discuss if students ate foods from all the food groups. Which food groups did they eat more and which food groups did they eat less?

2. Have students make a poster that advertises whole grains. Display the posters in the school hallway.

**Challenge Spelling Words**

- Whole Grains
- Vegetables
- Fruits
- Milk
- Cheese
- Yogurt
- Meat
- Beans
- Fish
- Poultry
- Physical Activity
Lesson - Go Wild with MyPyramid!: Fruits and Vegetables

Teacher Follow-up

1. Step to MyPyramid: Assign student’s to lead 15-30 seconds of their own moves.
2. Complete goals for eating more fruits and vegetables.
3. Collect family challenge sheets.

Teacher Activities (Choose one or do them all!)

1. Have students research a fruit or vegetable and write about it. Where is it grown? What part of the plant does it come from? What nutrients does it provide? What does it look like?

2. Complete the “Make a Fruit and Vegetable Diary” from MyPyramid for Kids, USDA.

3. Do the farm to the table activity:
   - Have students go through the maze worksheet to find the steps that leafy greens vegetables follow from the farmer’s field to the consumer’s table.
   - Have students write each stop in the vegetable’s process on a separate strip of green paper (farmer’s field, packing shed, distributer, grocery store, consumer’s table), discussing each stop. Have students lay the strips out in front of them in the correct order.
   - Have students tape the first strip (farmer’s field) into the shape of a circle and loop the second strip through the first strip in the shape of a circle. Add the other strips one at a time to make a chain.
   - Discuss if there are other ways leafy greens are transported from the farm to the table (farmer’s markets, home garden.)

Challenge Spelling Words

<table>
<thead>
<tr>
<th>Broccoli</th>
<th>Pumpkin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cauliflower</td>
<td>Banana</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Potato</td>
<td>Raspberry</td>
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<tr>
<td>Spinach</td>
<td>Raisin</td>
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<tr>
<td>Carrot</td>
<td>Kiwi</td>
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<tr>
<td></td>
<td>Pear</td>
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</tbody>
</table>
Lesson - Go Wild with MyPyramid!: Healthy Oils, Discretionary Calories from Fats and Sugars

Teacher Follow-up
1. Step to MyPyramid: Walk off the calories for eating one M & M.
2. Complete goals for eating less high sugar, high fat discretionary calorie foods.
3. Collect family challenge sheets.

Teacher Activities (Choose one or do them all!)
1. Complete “Where’s the Fat?” worksheet from MyPyramid for Kids, USDA.
2. Complete the “Healthy Oils and Discretionary Calories” crossword puzzle and review answers with students.
3. Complete the “Cost of Snack Foods – Let’s Do the Math” worksheet to price out snack foods for a year’s consumption. The nutrition education assistant will have done a similar activity with soda pop.
   a. Ask student’s what they could do with the money they saved from not eating high sugar, high calorie snack foods.
   b. Ask students about healthy snack foods that could be chosen instead of high sugar or high calorie snack foods. Ask how do these foods fit into MyPyramid?

Challenge Spelling Words
Canola  Soybean
Olive oil  Salad dressing
Vegetable oil  Corn oil
Soft margarine  Peanuts
Walnut  Calories
Almond

Books to Read (Mostly Lower Elementary)
Junk Food Bear, by Marcella Bakur Weiner
The Picky Eater by Marc Brown
The Edible Pyramid: Good Eating Every Day  by Loreen Leedy
Gregory the Terrible Eater by Mitchell Sharrmat
I Know an Old Lady that Swallowed a Pie  by Alison Jackson
The Race Against Junk Food by Anthony Burono
Too Much Junk Food: Bernstein Bears by Stan Bernstein
Please Don’t Feed Horace by M. Young
Lesson - Go Wild with MyPyramid!: Milk

Teacher Follow-up
1. Step to MyPyramid: Walk up and down the hall three times or more.
2. Complete goal for drinking more milk and eating more calcium-rich foods.
3. Collect family challenge sheets.

Teacher Activities (Choose one or do more!)

1. Complete “What’s the Score?” activity using “What’s on the Label?” worksheet from MyPyramid for Kids, USDA.

2. Learn about cows and American art by doing the “Street Cows” Ag in the Classroom lesson. This lesson involves language arts, visual arts and social studies. Appropriate for grades 3 – 6.

3. Learn about where milk comes from and place the steps in order by using the “Story of Milk” lesson. Appropriate for grades k-2.

4. Ready to challenge your students. Complete the “Mammals, Milk and Math” lesson. Students will determine the number of half-pints of milk a cow produces in a day and in a year.

Challenge Spelling Words

One percent milk
Skim milk
Mozzarella cheese
Yogurt
Ice milk
Cottage cheese
Fortified orange juice
Soy milk
Tofu
Fish bones
Lesson - Go Wild with MyPyramid!: Meat & Beans

Teacher Follow-up
1. Step to MyPyramid: Do the Cha Cha Slide with your students.
2. Complete goals for eating lean protein sources.
3. Collect family challenge sheets.

Teacher Activities

1. The last two pages of the goals worksheets for grades 2 – 6 contain space to write about “what changes have I made?” and “what I have learned?” Have students complete these two pages. Select the top two writings for two student prizes provided by the Nutrition Education Program. Please judge on knowledge and behavior changes gained and not on writing ability. U of MN Extension will use this assignment as an evaluation tool for Go Wild with MyPyramid!

2. Complete the “Food Math” activity from MyPyramid for Kids, USDA.

Challenge Spelling Words
Turkey
Bison
Salmon
Flounder
Venison
Garbanzo beans
Pheasant
Peanut butter
Lean hamburger
Pork chop
Chicken
Goose