



#2 - MyPyramid! My Lunch!

GOALS:

By the end of the lesson, students will be able to:

- Categorize food from a school lunch into MyPyramid food groups
- Recognize how a growing body benefits from eating a variety of foods
- Explain that food provides energy and that this energy should be balanced with activity

PREP:

- Look for email instructions (food items, Balanced Choice info) from your wellness coordinator to determine when and where to pick up your lunch tray. Review handouts.
- Read and understand MyPyramid information (see Background Information and talking points handout). Familiarize yourself with the food group slogans (such as: vary your veggies).
- At start of activity check to see if any children have food allergies.

PROPS:

- Cafeteria food tray(s), covered with foil
- 25 soufflé cups and spoons
- MyPyramid handout (1 per student)
- My Pyramid poster
- Knife and fork for serving
- MyPyramid talking points (binder)
- MyPyramid check list for cafeteria tray.

BACKGROUND INFORMATION:

- **Be ready to talk about MyPyramid in detail:** Read the student handouts and the attached information sheets called, “Lesson 1, Getting the Most Nutrition From Your Food.”
- Visit <http://www.mypyramid.gov> for more information about MyPyramid

WHAT TO DO:

1. **SAY & ACTION: (1 minute)** To maintain a healthy body we need to be in energy balance, balancing what we eat with the activity that we do. Right now, let’s all stand and get active. *Have everyone jog in place for one full minute, slow down to a ‘walk in place,’ then sit. We are using the term energy instead of calories to avoid a negative focus on calories.*
2. **SAY: (1 minute)** Before we get started I need to ask if any of you have food allergies. *Ask for specifics if any students raise their hands and change plans as needed.* Food provides energy for our bodies and a great source of this energy comes from the grains that we eat. A slice of whole grain bread, about 70 calories, provides good energy for our body and plenty of nutrients in the form of vitamins, minerals and fiber! A donut, about 280 calories, contains lots of sugar and added fat and very few nutrients. You would need to run for about 10 minutes to burn up the energy contained in a piece of whole grain bread, but remember the benefits (fiber, minerals vitamins) your body receives! Your body will thank you when it runs as that energy will last a long time. Now, you would have to run for 40 minutes to burn up the energy from the donut and your body would be groaning as the sugar and fat from the donut would make you feel tired and sluggish.
3. **ACTION & SAY: (1 minute)** *Pass around the MyPyramid handouts and hang up the poster.* Today we are going to briefly review the food groups and main goals of MyPyramid. (MyPyramid guides you to healthier food choices that are good for your body because they are lower in sugar and fat and higher fiber). Do you remember learning about MyPyramid in 4th grade? Let’s all do a quick review.
4. **SAY & ASK: (2 minutes)** *Point to the pyramid.* Other than the stripes that represent the food groups, what else do you see on the side of MyPyramid? (kids exercising). Just like we mentioned earlier, eating and activity create the balance to make our bodies healthy. To maintain a healthy body weight and proper growth, we are constantly balancing our food intake with the energy that we use up walking, running, sleeping, studying, playing and growing. Do you know the two times in our lives when we grow the most? (the first year of life—we triple our body weight in one year, and now as you approach or enter puberty) Does anyone know how much exercise you need most days? (at least 30 minutes) If you fuel your body with high calorie, high fat, high sugar items would you need more exercise to balance your intake? (yes, or those extra calories will make extra body fat)



CONTINUED

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- 5. SAY & Action: (5-8 minutes)** Now let's move on to the food part of MyPyramid. (Move quickly through this allowing time to make the points. Allot time for the food tray (#6 below) at the end of class). *See attached MyPyramid Talking Points to help review.*
- 6. SAY & (5-10 minutes)** *Ask class and teacher if there are any food allergies in the class before students begin taste testing. Uncover food trays.* OK, now we are going to look at one of the options in your school lunch menu. Today's menu is _____. It is called a Balanced Choice and it's a healthier choice, geared toward teens' tastes. Balanced Choice meals have been taste tested in the cafeteria for two years. Only meals that students like you enjoyed and purchased are now served. Look for the Balanced Choice everyday in the hot lunch line. Let's all give Balanced Choice a try! As we sample the food, let's determine if ALL of the food groups that we just talked about are represented in this meal.
- 7. ACTION:** *Have students gather around the trays to see and smell the food as you portion it off. Based on reading the talking points in binder, start a discussion about the food and MyPyramid. Have one or two students use the attached check list (contained in binder) to answer the questions as food is sampled. Your Wellness Coordinator will have sent a detailed email with answers to the checklist questions. Balanced Choice items will vary by school and date. Have fun, this section is meant to be casual.*
- *With the teacher or another student's help, begin to portion the food into the soufflé cups.*
 - *Discuss the food groups as the food is distributed. If some students don't want to try a new food from the tray, encourage, but don't insist.*
 - *Soufflé cups can be reused for different foods.*
 - *Each student receives a small taste of each item on the tray.*
 - *Milk will be tasted in the beverage lesson. (You can drink it after class).*
- 8. ASK (WHOLE CLASS): (1 minute)** Does anyone have any tips about how you can eat more healthy grains, vegetables, fruits, milk, or meat and beans during your day? (Let the class share). By show of hands, who is going to try to eat more healthy grains everyday? Vegetables? Fruit? Low-fat milk products? Lean meat and beans? How about a Balanced Choice? Great! Try to share your goals and how you are doing with them as you talk to your friends during the next week.
- 9. ACTION:** *Throw away all plastic utensils and soufflé cups. Drink milk from tray if desired. Your email instructions will specify where cafeteria tray and plates should be returned.*