

Fun Nutrition

Food Guide Pyramid

Purpose:

- Identify the different food groups in the food guide pyramid
- Sort what foods belong in each group
- Evaluate serving sizes of each food group

Activity 1 : What foods do I buy?

Supplies:

- 3 x 5 note cards, (5/participant)
- Markers, pens or pencils
- Food Guide Pyramid Poster/Drawing

Give each participant 5 note cards and a pencil. Ask them to think about the 5 foods that they buy the most often for snacks. Have them write down one food on each card.

When everyone is finished, gather everyone around a Food Guide Pyramid Poster that has been placed on a table or floor. Ask them to sort their cards into the correct food groups on the poster.

Go through the food groups and cards, making sure that the foods are in the correct groups. Talk about the food groups that have the most cards. Ask if their choices are healthy. What can they do to make healthier choices most of the time?

Activity 2: What is a serving?

Supplies:

- Box of dry cereal
- Bag of rubber bands representing pasta
- Small plastic bowls and Paper plates

- Measuring cups

Have each participant take a turn pouring the amount of cereal they usually eat into a bowl or use rubber bands to represent the amount of pasta they usually eat.

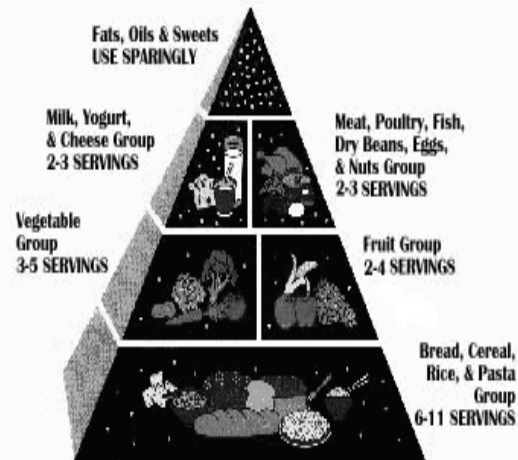
Have participants use the measuring cups to measure “their servings.”

Have them compare their serving size to the recommended serving size. How many servings did they really have in their bowl or on their plate?

Activity 3: Almost a Pyramid Sundae

Supplies:

- Paper cups and Plastic spoons
 - Graham cracker crumbs or Granola
 - Yogurt
 - Chopped fruit or Raisins and Chopped nuts
- Have participants wash their hands. Set out all the ingredients and let them make their own “sundaes.” Ask what food group is missing?



Adapted from: YOUTH CURRICULUM SOURCEBOOK – JUNE 99 - Wisconsin Nutrition Education



3 activities for youth ages 10 - 13. Allow 90 minutes
Colorado State University Cooperative Extension 4-H Youth Development