



# Healthy B.A.S.I.C.S. Lesson Plan

## Cool Kids Eating Healthy Food

### Activity Sheet

#### FOOD GUIDE PYRAMID ACTIVITIES

##### ■ Build a Food Guide Pyramid —

In a group or individually, cut and glue food pictures into the correct food groups. Use pictures from magazines and store flyers or from the other side of this activity sheet. Discuss recommended servings for each group.

##### ■ Build a personal Food Guide Pyramid —

Have each student draw, write or use pictures to record foods eaten for a 24 hour day. Compare with recommended servings for food groups.

##### ■ Make a healthy food place mat for school or home —

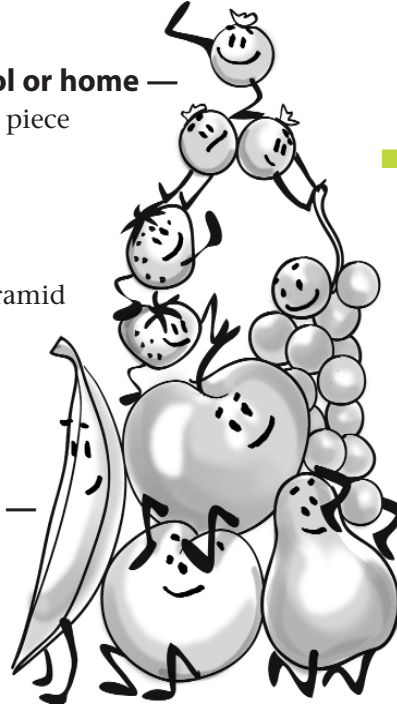
Create a collage of healthy foods on a heavy piece of plain paper or on a drawing of a plate. Laminate if possible.

##### ■ Make a healthy food mobile —

Cut out the food groups of a Food Guide Pyramid completed with drawings or pictures. Punch a hole in each food group and string a pyramid shaped mobile. Reinforce the food groups and recommended servings.

##### ■ Play Build A Food Guide Pyramid game —

Mark the corners of a pyramid on the floor/ground. Assign a food to each student. Direct the students to work together to determine where each student (food) belongs in the Food Guide Pyramid. Reinforces food groups and provides moving activity.



#### RECIPE AND FOOD-RELATED ACTIVITIES

*(Emphasize good hand washing before any food preparation or eating.*

*Also check for food allergies before serving).*

##### ■ Make a friendship salad or snack kabobs —

Mix bite-sized pieces of fresh fruit or vegetables and serve in cups or on toothpicks. Have students contribute items if possible. If using vegetables, try dressing as a dip. Introduces fruits or vegetables for snack and mealtimes.

##### ■ Perform milk taste test —

Ask the school food service for samples of different kinds of chilled milk (2% and whole). Have students taste test while wearing sunglasses or blindfolds. Discuss the taste test results and health benefits of reducing fat intake.

##### ■ Create "Terrific Trail Mix"\*

Have students mix together:

3 cups of all or some of these "grains":

- pretzels, gold fish, granola cereal,
- low-sugar breakfast cereal

1 cup of "fruits":

- dried fruits like raisins, apricots, cranberries, apples

1 cup of "proteins":

- shelled pumpkin or sunflower seeds, nuts or peanuts

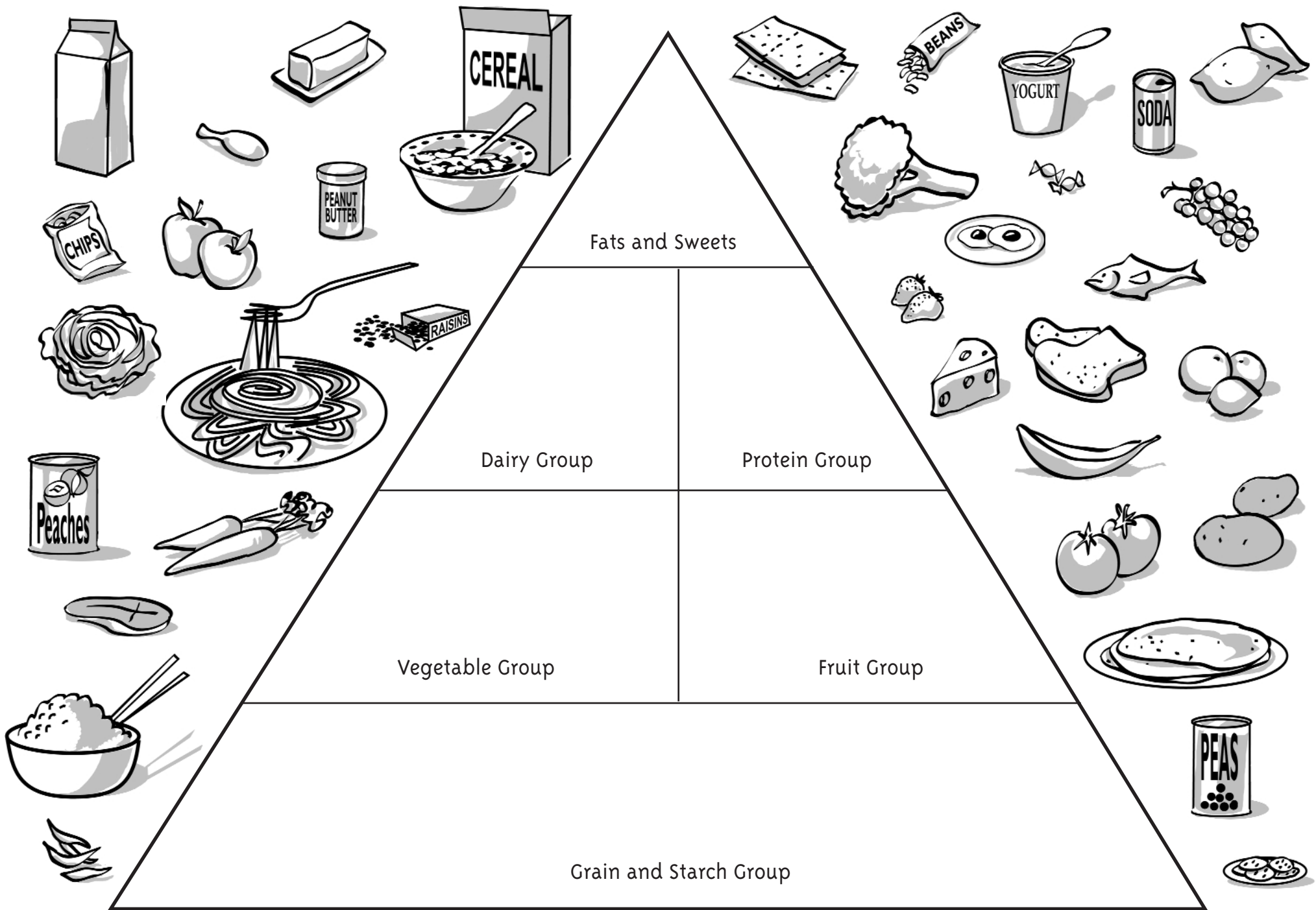
1/2 cup of any of the following "sweets":

- small candies, mini marshmallows, candy coated raisins

Serve snack in paper cups to students.

Discuss how this recipe follows the recommended servings from the Food Guide Pyramid (bulk of the ingredients come from the bottom of the pyramid, and a small amount from the "sweets" section).

\*Adapted from Evers, C. (1998). *How To Teach Nutrition to Kids: Leader/Activity Guide*. Gigard, OR: 24 Carrots Press.



Based on the U.S. Department of Agriculture Food Guide Pyramid