

Week 1 - Nutrition

Our class explores the food groups!

The food pyramid is used as a guide, for people to figure out what kinds of foods they should be eating every day, and how much of each food.

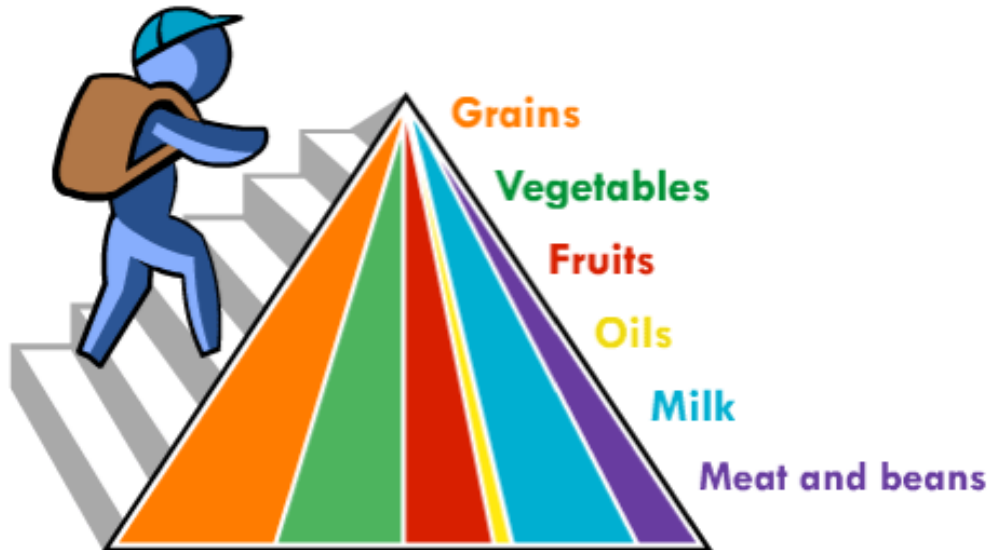
Lets look at each category of food and talk about all the good things it does for our bodies.

- **Grains...** breads, pastas, cereals, rice
Grain foods contain carbohydrates, which give your body energy.
- **Vegetables...** broccoli, tomatoes, green beans, peas, carrots
Vegetables are rich in nutrients, such as Vitamin C and potassium, which your body needs to work properly. Veggies also contain fiber, which aids digestion of all food.
- **Fruits...** apples, peaches, pears, blueberries, strawberries, raspberries, bananas, oranges
Like vegetables, fruits are rich in nutrients your body needs. Fruit is also naturally low in calories and fat.
- **Oils...** olive oil, peanut oil, canola oil, margarine
These are different categories of fats. You don't want too much of these in your diet but a little is O.K so the food group is small.
- **Milk...** milk, yogurt, cheese, pudding, ice cream
Dairy foods contain calcium, a mineral needed for strong bones.
- **Meat and Beans...** meat, chicken, fish, beans, eggs, nuts
Your body needs protein to maintain itself. Your muscles, organs, and immune system are made up mostly of protein.

Hang the Food Guide Pyramid up in your classroom to remind you!

MAJOR SPONSORS

EXPLORE The FOOD GUIDE PYRAMID



- Grains**
Breads, tortillas, pastas (noodles, spaghetti, etc.), cereals, and rice
- Vegetables**
Broccoli, tomatoes, green beans, peas, carrots, and many, many others
- Fruits**
Apples, peaches, pears, blueberries, strawberries, raspberries, bananas, oranges, and many more
- Oils**
Olive oil, peanut oil, canola oil, butter, soft tub margarine without trans fats, and others
- Milk**
Milk, yogurt, cheese, and some milk-based desserts, such as pudding and ice cream
- Meat and beans**
Meat, poultry, fish, dry beans, eggs, and nuts

shapeupRI

401 421.0608 kids@shapeupri.org

MAJOR SPONSORS



Teacher copy

Activity: Name that Food Group!

Materials: 6 Baskets or boxes (tissue boxes with the middle cut out work great).
The Food Cards cut along dotted lines.

Time Frame: 15 min.

Cut out all Food Cards and shuffle them. Distribute them to the students, giving each student 2-3 cards (depending on class size).

Put 6 baskets or boxes in the front of the room, each labeled with each of the 6 food groups. Call on students who have their hands raised to put one of their Food Cards in the food group it belongs in. Have them come up one at a time. Once all cards are in the food group baskets, go through each basket and have the students decide if it is correct or not. Note that some foods (candy bars, chips, etc) don't really have a place in the food groups. Mention that because of the lack of nutrition, these foods are not included in the 6 food groups.

Refer to the answer sheet below for answers.

Pg 1

Apple – Fruit

Blueberries – Fruit

Eggplant – Vegetable

Broccoli – Vegetable

Carrots – Vegetable

Pineapple – Fruit

Pg 2

Orange – Fruit

Grapes – Fruit

Green Beans – Vegetable

Squash – Vegetable

Zucchini – Vegetable

Spinach – Vegetable

Pg 3

Watermelon – Fruit

Steak – Meat and Beans

Chicken – Meat and Beans

Snow Peas – Vegetable

Beans – Meat and Beans

Fish – Meat and Beans

Pg 4

Yogurt – Milk

Milk – Milk

Cheese – Milk

Pasta – Grains

Bread – Grains

Rice – Grains

Pg 5

Eggs – Meat and Beans

Peanuts – Meat and Beans

Red Pepper – Vegetable

Strawberry – Fruit

Cereal – Grains

Cake – Other

Pg 6

Cookie – Other

Candy Bar – Other

Ice Cream – Milk/Other*

Doritos – Other

Corn - Vegetable

Soda – Other

Pg 7

Candy – Other

French Fries – Other/Veg.*

Tomato – Fruit/ Veg.*

Chicken Leg – Meat and Beans

Pork Chops – Meat and Beans

Pear – Fruit

Pg 8

Almonds – Meat and Beans

Grapefruit – Fruit

Candy – Other

Beats – Vegetables

Cantaloupe – Fruit

Raspberry – Fruit

Pg 9

Red Apple – Fruit

Nectarine – Fruit

Oil – Oils

Butter – Oils

*Either accepted!

MAJOR SPONSORS



Bank

America's Most Convenient Bank®

Pg 7



GENERAL MILLS
FOUNDATION



Neighborhood
Health Plan
of Rhode Island





