

## PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS

### Planning Meals Grade Levels: 7-12

**Concept:** *MyPyramid* - **NEW**

**Comprehensive Standard:** 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

**Technical Standard(s):** 6.3.1. Apply various dietary guidelines in planning to meet nutrition and wellness needs

#### LESSON COMPETENCIES

- Identify the food groups and recommendations of *MyPyramid*
- Establish personal calorie/energy needs based on the recommendations from the USDA in developing *MyPyramid*
- Plan meals using *MyPyramid*

#### Anticipated Behavioral Outcomes:

- Students follow the recommendations of *MyPyramid* when making food choices.

#### Resources Needed:

- Computer access to use the *MyPyramid.gov* website ([www.mypyramid.gov/](http://www.mypyramid.gov/))
- Copies of the *MyPyramid Word Search* downloadable at <http://fyces.ifas.ufl.edu/pyramid/youth.htm>
- Download the PowerPoint presentations identified in the reference section

#### References for teachers and students:

The primary resource that should be used by nutrition educators is the USDA website focused on *MyPyramid* ([www.mypyramid.gov/](http://www.mypyramid.gov/)). This site provides information on the foundation for *MyPyramid*, tips and resources for using *MyPyramid*, related links for using *MyPyramid* to meet personalized needs and more. Go to the section for “Professionals”. Click on “Getting Started” for more background on *MyPyramid*. The education framework also provides excellent background information. The site has a downloadable PowerPoint presentation. The slide show details the background and development of *MyPyramid* and is organized into three sections: “Development of *MyPyramid* food intake patterns”, “development of *MyPyramid* consumer messages and materials”, and “using *MyPyramid* materials”. It is 61 slides long so provides good background for adults but consider modification if you want to use with a younger audience. The *Anatomy of MyPyramid* handout is also available for download.

The *Team Nutrition* site has a series of lessons on *MyPyramid* for elementary aged children, called *MyPyramid for Kids*, that could be used as part of a service learning

project working with elementary students or some of the Level 3 lessons for fifth and sixth graders could be modified and adapted for use with middle school students; go to <http://teamnutrition.usda.gov/resources/mypyramidclassroom.html>.

The *University of Florida* has developed some educational materials for teaching youth and adults about *MyPyramid* including a *MyPyramid Word Search* <http://fyics.ifas.ufl.edu/pyramid/index.htm>.

The May/June 2005 issue of *Food Insight* has several articles on *MyPyramid* including: *New Dietary Guidelines and MyPyramid: Implementing Steps for a Healthier You*. It can be accessed at <http://ific.org/foodinsight/2005/mj/mypyramidfi305.cfm>.

The *MyPyramid* topic page at the *Food and Nutrition Information Center* has several links about the pyramid at [www.nal.usda.gov/fnic/Fpyr/pyramid.html](http://www.nal.usda.gov/fnic/Fpyr/pyramid.html).

The *North Dakota Cooperative Extension Service* has several downloadable PowerPoint presentations on *MyPyramid* and each of the sections of the pyramid available at their website: [www.ext.nodak.edu/food/mypyramid/](http://www.ext.nodak.edu/food/mypyramid/). These slide shows are brief and concise and appropriate for youth.

A *MyPyramid PowerPoint* is available from the *University of Nebraska Cooperative Extension Service* at <http://lancaster.unl.edu/food/mypyramid-calorie-salary.htm>.

The *Glencoe-McGraw Hill* ([www.glencoe.com](http://www.glencoe.com)) website has many supplemental activities for teaching nutrition and fitness. One article, *Using MyPyramid at Any Age*, provides a background on *MyPyramid* and an activity using the *MyPyramid* website. It can be accessed at [http://glencoe.com/sites/common\\_assets/familyconsumer/article/articleList.php?disciplineId=6](http://glencoe.com/sites/common_assets/familyconsumer/article/articleList.php?disciplineId=6)

The *University of Arkansas Cooperative Extension Service* website has a wealth of handouts and reproducible downloads that could be used in the classroom at [www.arfamilies.org/health\\_nutrition/nutrition/mypyramid.htm](http://www.arfamilies.org/health_nutrition/nutrition/mypyramid.htm); the site includes a reproducible of a “cut and fold” *MyPyramid* that could be used as a table tent.

The *Dairy Council of California* has developed an interactive *MyPyramid Match Game* that can be accessed at [www.dairycouncilofca.org/activities/pyra\\_main.htm](http://www.dairycouncilofca.org/activities/pyra_main.htm).

### **Background Information:**

*MyPyramid* ([www.mypyramid.gov/](http://www.mypyramid.gov/)) was introduced in April of 2005 and replaced the *Food Guide Pyramid* introduced in 1992. *MyPyramid* is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle. *MyPyramid* incorporates recommendations from the 2005 *Dietary Guidelines for Americans* released by the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) in January of 2005. The *Dietary Guidelines for Americans* provide authoritative advice for people two years of age and older about how proper dietary habits can promote health and reduce the risk of major chronic diseases. *MyPyramid* was developed to carry the messages of the dietary guidelines and to make Americans aware of the vital health benefits of simple and modest improvements in nutrition, physical activity and lifestyle behavior. ([www.mypyramid.gov](http://www.mypyramid.gov))

The *MyPyramid* symbol is meant to encourage consumers to make healthier food choices and to be active every day. The *MyPyramid* symbol represents the recommended

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proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol. The messages in the *MyPyramid* symbol are physical activity, variety, proportionality, moderation, gradual improvement and personalization. Consumers can get more in-depth information from the new Web site, [MyPyramid.gov](http://MyPyramid.gov), so that they can make these choices to fit their own needs.

NOTE TO TEACHER: Be sure to thoroughly explore the *MyPyramid* website to identify all of the resources that you might use in teaching this concept with your students.

### **Learning Activities:**

#### **Middle School Level**

- View the PowerPoint slide presentation *Introducing MyPyramid*, available for download at: [www.ext.nodak.edu/food/mypyramid/](http://www.ext.nodak.edu/food/mypyramid/) The “Anatomy of *MyPyramid*” handout could be used in conjunction with the slide show. See resource list.
- Have students visit *MyPyramid* and explore how it was developed by having students tour *MyPyramid* at the website [www.mypyramid.gov](http://www.mypyramid.gov); click on the “Tour *MyPyramid*” link.
- Have students personalize their food and calorie needs by completing their personalized *MyPyramid* plan by clicking on the “*MyPyramid* Plan” link. When students have entered their data, ask them to print out their plans.
- Ask students to use the “Pyramid Tracker” sheet to tally their food choices for one day and compare to the *MyPyramid* recommendations
- Have students create illustrated posters promoting the six steps to a healthier you that are a part of *MyPyramid* – “Make half your grains whole”, “Vary Your Veggies”, “Focus on Fruits”, “Get Your Calcium-rich Foods” “Go Lean with Protein” and “Find your Balance between Food and Physical Activity”. Place the posters in the school lunchroom, school library and other locations around the school.
- Ask students to create a *MyPyramid* Plate Collage by using paper plates divided with the *MyPyramid* recommendations – half plate of fruits and veggies, one-fourth with meats and beans and one-fourth grains by locating and clipping pictures of food items from magazines or newspapers or use food models to make either an individual collage or a large classroom collage.
- Hold a Pyramid Relay by dividing students into teams. Students pull food items or pictures of food items from a bag. They must run across the room a designated distance to a *MyPyramid* on the floor or wall and tape the item to the correct place on the pyramid. They run back and tap the next person to go. First place goes to the team who placed the most items on *MyPyramid* correctly. Review the correct placement of all items with students when the relay is finished. (Adapted from Connecticut’s *Team Nutrition* Program.)

- Play “Healthy Hopscotch”. Set up a hopscotch board/outline and write a name of one food group in each square. A player throws a beanbag or other small marker onto a square. Before the player hops, he/she must name a food from that food group. The player continues from square to square, naming foods for the indicated food group until the course is completed. If an incorrect answer is given, the player gets a second chance.
- Ask students to create a “Favorite Fruit or Veggie” collage. Create a collage/poster with pictures and words representing a favorite food from *MyPyramid* in the many forms that it is available in. For example, if the student’s favorite is a tomato, pictures could include tomato soup, tomato juice, spaghetti sauce, ketchup, pizza, tacos, fresh tomato, etc.
- Have students complete the “*MyPyramid* Word Search” (<http://fyics.ifas.ufl.edu/pyramid/adobe/mpwordsearch.pdf>); for each word in the Word Search, ask students to discuss how it relates to *MyPyramid* or write a sentence using the word including its relationship to *MyPyramid*.

**NOTE TO TEACHER** – Download the Word Search and make copies at <http://fyics.ifas.ufl.edu/pyramid/youth.htm>

### High School Level

- View the PowerPoint slide presentation *Introducing MyPyramid*, available for download at: [www.ext.nodak.edu/food/mypyramid/](http://www.ext.nodak.edu/food/mypyramid/) The “Anatomy of *MyPyramid*” handout could be used in conjunction with the slide show. See resource list.
- Have students visit *MyPyramid* and explore how it was developed by having students tour *MyPyramid* at the website [www.mypyramid.gov](http://www.mypyramid.gov); click on the “Tour *MyPyramid*” link.
- Have students personalize their food and calorie needs by completing their personalized *MyPyramid* plan by clicking on the “*MyPyramid* Plan” link. When students have entered their data, ask them to print out their plans.
- Ask students to use the “Pyramid Tracker” sheet to tally their food choices for one day and compare to the *MyPyramid* recommendations.

### Extended Learning Activities:

- Have students create skits promoting the six steps to a healthier you that are a part of *MyPyramid* – “Make half your grains whole”, “Vary Your Veggies”, “Focus on Fruits”, “Get Your Calcium-rich Foods” “Go Lean with Protein” and “Find your Balance between Food and Physical Activity”, and/or “Five A Day” Present the skits to elementary school students or students enrolled in after school programs. This could be used as an FCCLA Student Body project.
- **Literacy/Language Arts** – Start a book club for elementary students or students enrolled in after school programs with each book focusing on healthy food choices and the preparation of a healthy snack. For a list of books, visit this website: <http://outreach.missouri.edu/fnep/childrensbooks.htm>.

## Academic Connections

- ✓ **Social Studies and Language Arts** - Explore the history of food guides issued by the United States government; research the historical events occurring at the time in the United States that contributed to the development of each plan.  
[www.nal.usda.gov/fnic/history/index.html](http://www.nal.usda.gov/fnic/history/index.html)
- ✓ **Literacy/Language Arts** – Start a book club for elementary students or students enrolled in after school programs with each book focusing on healthy food choices and the preparation of a healthy snack. For a list of books, visit this website: <http://outreach.missouri.edu/fnep/childrensbooks.htm>. The book list provides a summary and recommended ages for each book.