

A Conversation with the Pyramid Pals



Pal #1: Let's take a look at the *MyPyramid for Kids* I'm climbing. It's called *MyPyramid for Kids* because it's just for you!

Do you know the food groups? Who can name the food groups? *Wait and give time for the class to name the groups.*



Pal #2: Do you see the orange stripe next to the stairs? That's the grains group! Write the word "grains" in the box under the grain stripe.

What are some examples of grains? *Wait for the class to give examples and for the teacher to provide additional information about grains.*

Pal #2: My favorite whole grain is lowfat popcorn! Did you know it actually turns itself inside out when it pops? It's yummy!

Pal #3: The next color stripe is for vegetables. Some kids don't get enough vegetables. Write the word "vegetables" in the box. It is important to eat dark green and orange vegetables. Come on, let's see how many vegetables we can name! *Wait for the class to give examples and for the teacher to provide additional information about vegetables.*

Pal #4: See the red stripe? That's for fruits! Write the word "fruits" in the box. I always put a fresh fruit in my backpack and eat a piece of fruit as a snack every day. Dried, frozen, and canned fruits are great, too. Did you know there is a fruit snack made from dried grapes? Can you name it?

Pal #5: The blue stripe is the milk group. Write the word "milk" in the box. Did you know that foods in this group include more than just the milk we drink? They are foods made from milk. Can you name a few? *Wait for the class to give examples and for the teacher to provide additional information about dairy products.*



Pal #6: The last stripe on the right is the meat and beans group! Meat and beans provide protein, which is important in building muscles. Write "meat and beans" in the box below the meat and beans group. Can you think of some foods that belong to

this group? *Wait for the class to give examples and for the teacher to provide additional information about the “meat and beans” group.*



Pal #7: Okay. We’re done with the food groups. No, you say? What is that skinny yellow line up there between the fruits and milk? Those are oils. They are not a food group, but everyone needs some. I get mine from nuts and seeds. Write the word “oil” in the long box. Can you think of other sources of oil? *Wait for the class to give examples and for the teacher to provide additional information about oils.*

Pal #8: Why are some of the food groups bigger than others? Any thoughts?

Wait for the class to give share some ideas.

The wider stripes show that you should eat more foods from those groups and fewer foods from the groups with the narrower stripes. Put an “X” in each of the three widest food groups. Which groups are the widest?

Pal #9: Now look closer for some of the *MyPyramid for Kids* secrets! See how each stripe is wider at the base of the pyramid and narrower at the top? Any ideas why?

Wait for the class to share their thoughts.

The healthier foods in each group are at the base of the pyramid. Those are foods low in fat and added sugar. We should eat mostly these foods. Foods that are high in fats and added sugars belong at the top of the pyramid. These foods are for eating once in a while. Can you name some foods that belong at the bottom of the pyramid?



Wait for the students to share their thoughts and for the teacher to share information about healthy food choices and moderation.

Pal #10: Wait, there’s another secret to the pyramid. It has stairs. Any ideas why?

Wait for the students to share their thoughts and for the teacher to share information.



While it’s not on the pyramid, we also know a key to remaining healthy is getting enough sleep each night! Do you get enough sleep? What suggestions can you share with your classmates to help them get enough sleep?