

Food Pyramid Lesson Plan

Which foods provide us with good nutrition?
 Which foods should we eat in moderation?
 What does food do to our mind and body?

Key Learning Areas	Health and Nutrition			
Key Concepts	The Food Pyramid			
Age / Level	Age 9 – 12	USA 3 - 6	UK KS - 2	Australia 3-6
Duration	Two x 40 minute Sessions			

Learning Intention / Overview

- This activity will allow students to develop an understanding of the five food groups as outlined in the food pyramid and how to use the pyramid as a guide in maintaining good health and nutrition
- At the completion of this activity students will be able to;
 - Identify what we can do to keep our bodies healthy
 - List the 5 food groups within the food pyramid
 - Provide examples of each food group
 - Analyse their dietary intake by separating foods eaten into the proper food groups



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Lesson 1: How Can we stay Healthy?

- Discuss the following
 - In what way can we keep our bodies healthy?
 - Eg – Eating healthy foods, brushing our teeth, exercising, sleeping, maintaining personal hygiene.
 - What types of food will help us stay healthy?
 - Eg – Fruits, Vegetables, Proteins, Grains, Dairy etc
 - Why is it important to brush our teeth?
Which foods will give us poor oral hygiene and why?
 - Why are exercise and sleep important?
 - How can we maintain our personal hygiene?
 - Eg – taking a bath, washing our hands, brushing our teeth



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Lesson 1: Activities

- ★ Activity 1: Have some magazines in the room, ask the students to cut out pictures of their favourite foods, divide a piece of paper in two and ask them to put them in the health or unhealthy column.
- ★ Activity 2: Ask the students to keep a diary of the food consumed within a 24hr period, this information will be used in the next lesson.



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Lesson 2: The Food Pyramid

- Building upon the discussion in lesson one, further discuss the importance of healthy eating including
 - The [food pyramid](#), 5 food groups: grains, fruits, vegetables, dairy, protein
 - Provide examples of each of these groups and explain why they belong in each in each group
 - Explain what the [recommended daily intake](#) is and how students can achieve the intake goal
 - Show examples of each of the food groups and ask the students to place them in the right sections



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Assessment

- Ask the students to use the list of foods they have eaten in the past 24 hours and place them in the correct food pyramid sections. Discuss whether they have achieved the recommended daily intake



- For more lesson plans please visit www.edgalaxy.com
- United States Department of Agriculture
 - [My Pyramid](#)
 - [Food Pyramid](#)
 - [Recommended Daily Intake](#)
- Nutrition Australia
 - [Healthy Living Pyramid](#)