

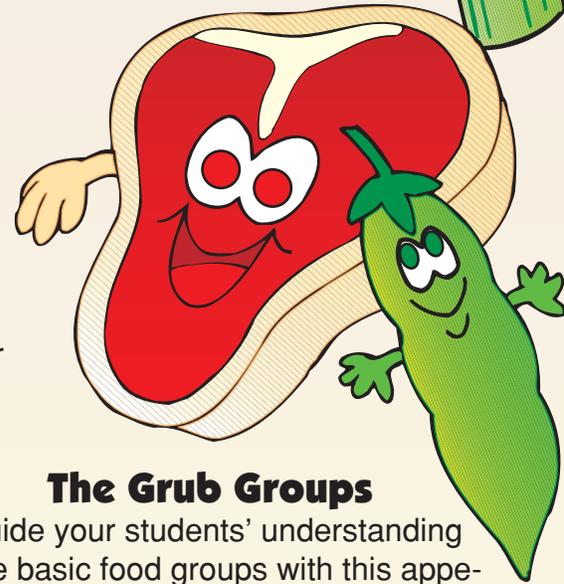
Pyramid Power

Celebrate National Nutrition Month® with a hearty helping of these activities that feed the mind and promote healthful eating habits!

ideas contributed by Linda Gordetsky and Angie Kutzer

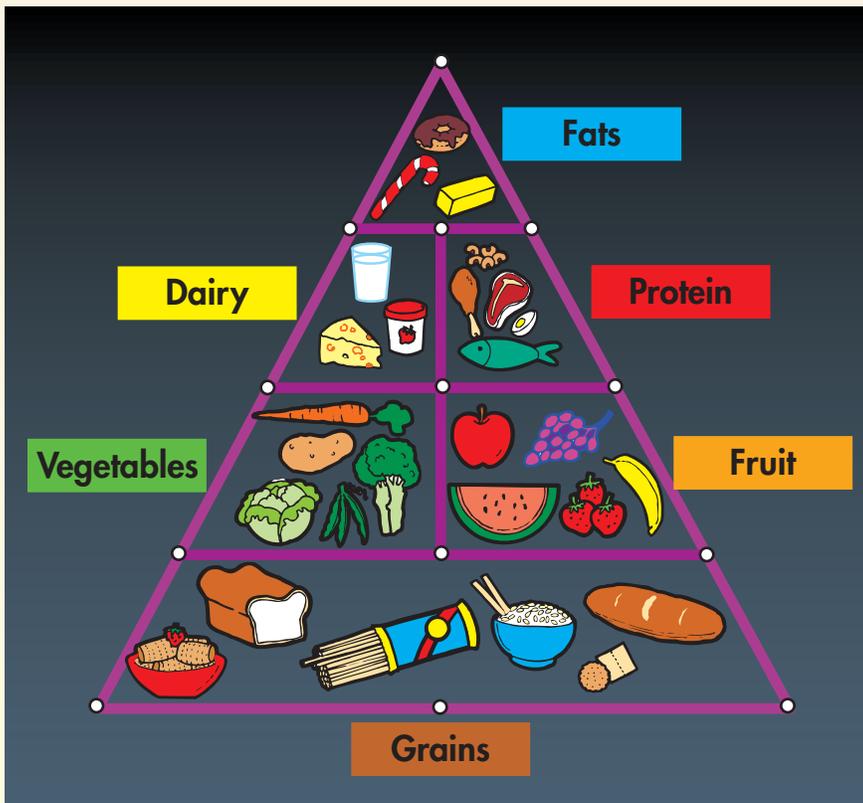
Food Riddles

Introduce your children to the topic of nutrition by using the book *What Food Is This?* by Rosmarie Hausherr (Scholastic Inc.). Read aloud the riddle on each page before showing children the illustration. After sharing the book, invite each child to ask her own riddle about a favorite food. Follow this activity with a discussion about the importance of food. Explain that everyone needs a certain amount of food each day in order to grow and be active. Getting this amount of food is called *nutrition*. Inform your students that all food can be sorted into six groups. Name the groups, pausing after each one to see if students can identify any food items in that group. Then let the food follies begin!



The Grub Groups

Guide your students' understanding of the basic food groups with this appetizing collage display. Prepare a large outline of the Food Guide Pyramid on a bulletin board by using pushpins and colorful yarn as shown. Write each food group's title on a different colored construction-paper strip and attach the strip beside its designated group's area on the display. Have each of your little ones search through magazines to find a picture of a food that he likes to eat. Instruct him to cut his choice from the magazine and return to the area in front of the display. Encourage each child to tell his classmates what he found and to name its correct group. Staple his food in its place on the display. If the display is not full of grub after everyone's turn, challenge your students to find more foods during their free time to add to the collage.





Nutrition All Around

Provide lots of hands-on experiences for your little ones by including the following food props in your learning centers during this unit:

Building Area: Stuff empty food boxes and containers with paper, and encourage the construction of pyramid shapes!

Sand Table: Fill the table with sand, potting soil, or rice. Bury a variety of plastic veggies and invite children to dig them up with hand tools used for gardening.

Dramatic Play Area: Create a restaurant atmosphere with chef hats, order pads, aprons, menus, and play food.

Math Area: Wash and dry empty milk cartons, and label each one with a numeral. Provide a box of straws for counting practice and matching numerals to sets.

Art Area: Encourage the making of sweet treats! Fill this center with colored play dough, cookie cutters, rolling pins, and cupcake liners.

Reading Area: Roll over a play shopping cart full of good literature on the subject of food!

The Pyramid Poem

Reinforce the concept of the Food Guide Pyramid with this “munchy” masterpiece. During the first reading, point to each group on the pyramid as you spell out its specifics. Then serve more helpings of this poem and have youngsters do the pointing. (The numbers of servings noted in the poem reflect the minimum amounts needed daily.)

At the top of the pyramid
Sit lots of good treats.
But to be in good shape,
Eat just a few sweets.

The next group is dairy—
Milk, yogurt, and cheese.
For strong teeth and bones,
Eat two helpings of these.

Next to dairy are proteins—
Fish, eggs, nuts, and meat.
Two servings for energy;
These foods can't be beat.

Below is the fruit group
Full of vitamin C.
Two servings are needed
To keep you healthy.

Beside are the vegetables.
They're plants that we crunch.
To get lots of fiber,
Three servings we munch.

And, finally, the grain group—
Breads, pasta, and rice.
Eat six or more servings
Of these to feel nice!

