

**Focus Subject:** Health & Nutrition

## Overview

To grow up healthy we must eat healthy. This means lots of fresh fruits and vegetables and following serving guidelines as presented in the food pyramid. In this activity we will color & cut fruit from the Food Pyramid and make a fruit bowl. For more information about the Food Pyramid visit [www.mypyramid.gov](http://www.mypyramid.gov).

*We will learn:*

- Fruit is good for us.
- There are many different types of fruit.
- The Food Pyramid helps us eat healthy.

Materials

Basic classroom supplies plus:

- Food Pyramid Poster  
(You may use the pyramid included with the activity or order a poster for you classroom wall.)

Easily order select materials for this activity at [www.naturekidscurriculum.com/activities](http://www.naturekidscurriculum.com/activities)

Enter **Activity Code A09104** in the search box.

## Instructions

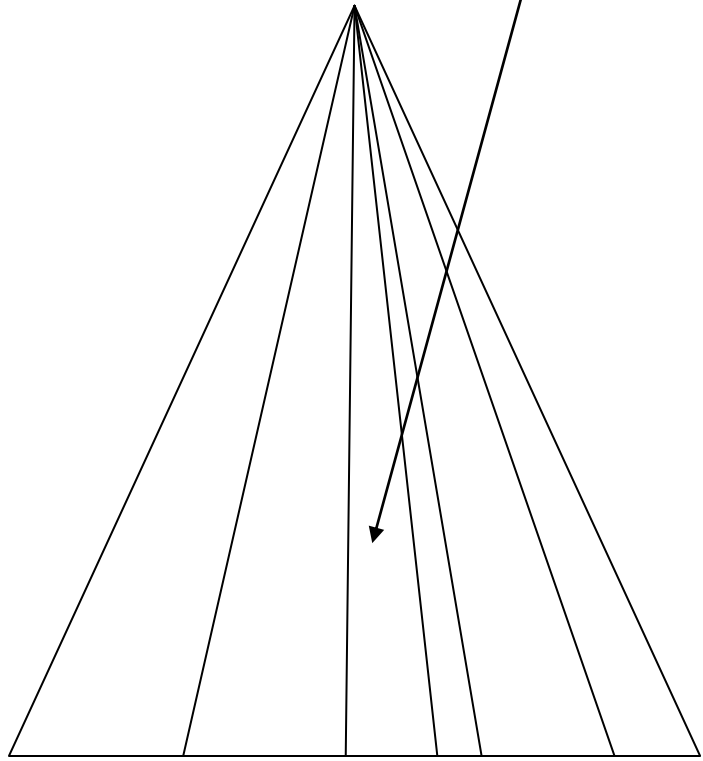
### The Food Pyramid & Fruit Bowl

**Purpose:** (a) Discuss how we should use the Food Pyramid to guide our serving sizes. (b) Learn there are many different types of fruit including oranges, apples, grapes, and raisins.

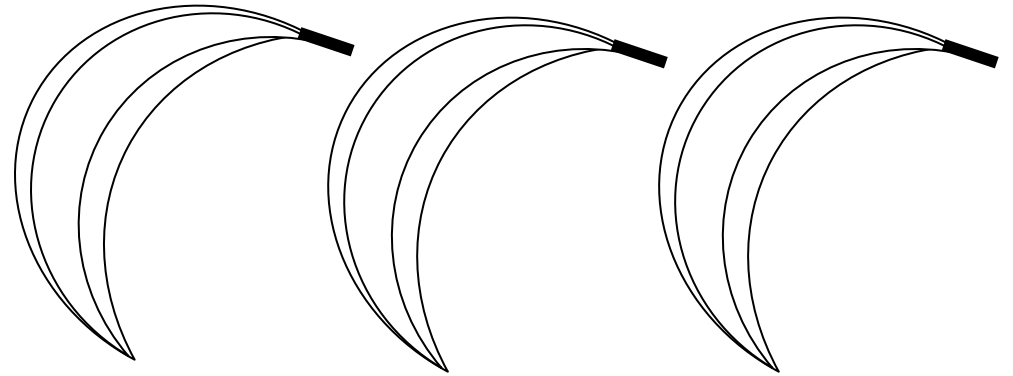
1. **Show** the children the Food Pyramid Poster. **Explain:**
  - The Food Pyramid has different color stripes that represent food groups.
  - The food groups are:
    - i. Grains
    - ii. Vegetables
    - iii. Fruits
    - iv. Milk
    - v. Meat & Beans
  - Some stripes are wider than others to show us we should eat more of these types of foods.
2. **Compare** stripes and food groups; get the children talking about the stripes and food groups:
  - Are all of the stripes the same size?
  - Are all of them the same color?
  - Which types of food groups do the stripes represent?
  - Do we eat more types of foods from the smaller stripes or the larger stripes?
3. **Explain** to the children for healthy eating we need to eat more foods from the larger stripes and less of the foods from the smaller stripes on the pyramid.

4. **Explain & Show** the children we will be making a fruit bowl picture from foods that are a part of the red stripe, fruit food group. **Show** the children where fruit is represented on the Food Pyramid.
5. **Ask** the children to color the bananas, apples, and grapes on the pyramid activity sheet. Then cut the fruit and glue the fruit pieces onto their bowl to make a fruit bowl.

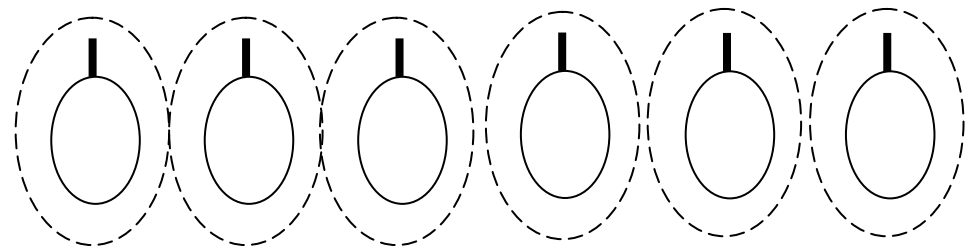
# FRUIT



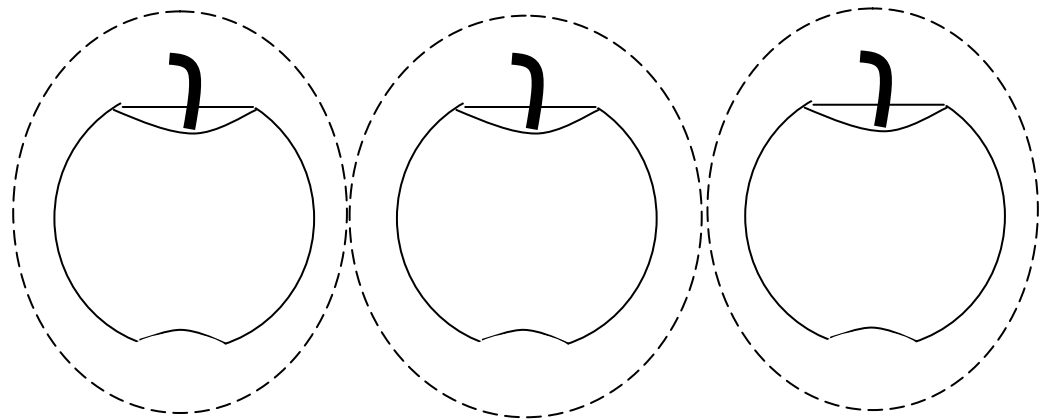
GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
--------	------------	--------	------	--------------



BANANAS



GRAPES



APPLES

# FRUIT BOWL

