



Investigating the Food Pyramid Checklist

The teacher is looking for:

_____ **Title:** The Food Pyramid

_____ Food Pyramid drawn and correctly labeled

_____ 1 picture correctly drawn in each of the groups; 6 pictures total

_____ 1 complete sentence about explaining what the Food Pyramid is and why it is important to learn about it.

Food Pyramid

The **Food Pyramid** helps you choose a healthy diet.

A **balanced diet** has foods from the many food groups.
It has few sweets or fats.

1. Bread, Cereal, Rice, and Pasta 6-11 servings per day.



2. Fruits 2-4 servings per day



3. Vegetables 3-5 servings per day



4. Milk, Yogurt, and Cheese 2 or 3 servings



5. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts 2–3 servings



6. Fats, Oils, and Sweets use sparingly



A Shopping Song

Sing to the tune of “The Farmer In the Dell”
Author Unknown



A - shopping we will go.
A - shopping we will go.
We need good food to grow, you know.
A - shopping we will go!

Let's look for _____ up high. (bread)
Let's look for _____ down low. (bread)
We need good food to grow, you know
A - shopping we will go!

Repeat the second verse. Each time you do so, have a child name a food item from a designated food group to replace bread.

Taken from Songs, Poems, and Fingerplays, The Best of Mailbox Magazine, The Education Center 1998

Snack Time

(Sung to the tune of "Skip to My Lou")

Author Unknown

Junk food, junk food. Just say, "NO!"
Junk food, junk food. Just say, "NO!"
Junk food, junk food. Just say, "NO!"
Junk food is a no-no!

Good snacks, good snacks. Just say "YES!"
Good snacks, good snacks. Just say "YES!"
Good snacks, good snacks. Just say "YES!"
Good snacks are a yes-yes!

Snack Attack

Author Unknown

(Name) _____ eats healthy snacks,

_____ eats healthy snacks,

When _____ hunger attacks,

Oh, _____ eats healthy snacks.

Taken from Songs, Poems, and Fingerplays, The Best of Mailbox Magazine, The Education Center 1998