Chapter 1: Food Guide Pyramid

Goals

1. When given a list of the five food groups on the USDA Food Guide Pyramid, student will read the name of each group and write the name in the appropriate place on a blank pyramid. *(10 points)*

2. Student will write the suggested number of servings for each food group in the appropriate place on the pyramid. *(5 points)*

3. Student will answer 5 multiple-choice questions about the principles and uses of the Food Guide Pyramid. *(5 points)*

4. Student will perform steps 1-3 with overall accuracy of 70% or better. That is a score of 14 or more correct out of the 20 points possible.

Getting Started Questions: Thinking About Food Groups

Look at each group name below. For each group, write the foods you usually eat.

Example

Meat: __hamburger__   ____fish____

Milk and Dairy Products: _____   _____   _____

Grains: _____   _____   _____
(Bread, Cereal, Rice and Pasta)

Meat: _____   _____   _____

Fruits: _____   _____   _____

Vegetables: _____   _____   _____
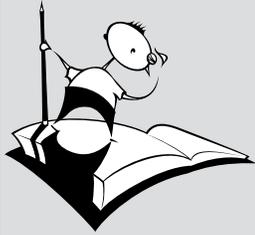
As you read this chapter, you will learn about different food groups. You will also see suggested amounts to eat each day from each group.

Getting Started Vocabulary

balance	oil	sugar
cereal	pasta	sweets
go easy on	poultry	use
group	serving, serving size	variety
nuts	sparingly	yogurt

Vocabulary Meanings

balance　　　　　　Eating the right amount of each kind of food.

cereal　　　　　　A food made from grains. Cereal is usually eaten for breakfast with milk.

go easy on　　　　To eat very little of something.

group　　　　　　Several things that are together.

nuts　　　　　　　Large seeds with a hard brown shell. Some types of nuts you can eat are almonds, cashews, pecans and walnuts.

oil　　　　　　　A thick, liquid fat that comes from plants.

pasta　　　　　　An Italian food made of dough that is cut into different shapes. It is cooked by boiling. Spaghetti and macaroni are examples of pasta.

poultry　　　　　Meat from farm animals like chickens, turkeys and ducks.

serving, serving size　A specific amount of a certain type of food. For example, a cup of vegetable is one serving (serving size) of vegetable and one cup of vegetable is two servings (serving sizes) of vegetable. One slice of bread is one serving (serving size) and 2-3 ounces of meat is one serving (serving size).

sparingly　　　　Using very little of something.

sugar　　　　　　Something sweet to put in food. The body uses sugar to supply energy. Sugar has a lot of calories, but very few nutrients.

sweets　　　　　　Food with lots of sugar, like candy, cookies and ice cream.

use　　　　　　　To take into the body. "I *use* milk in my coffee."

variety　　　　　A lot of things of the same kind that are different from each other.

yogurt　　　　　A thick, smooth, sour food made from milk.

Vocabulary Exercises

Vocabulary Exercise A

DIRECTIONS: Draw a line to match each word with its picture.
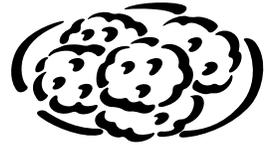
cereal

pasta

yogurt

poultry

sweets

nuts

Vocabulary Exercise B

DIRECTIONS: Match each word with its meaning. On the line before each word, write the letter that is in front of the correct meaning. You can look at the meanings in the "Getting Started Vocabulary" for help.

____ 1. nuts   a. A thick, smooth, sour food made from milk.

____ 2. group   b. An Italian food made of dough that is cut into different shapes.

____ 3. pasta   c. To eat very little of something.

____ 4. go easy on   d. Large seeds with a hard brown shell.

____ 5. yogurt   e. Several things that are together.

Vocabulary Exercise C

DIRECTIONS: Match each word with its meaning. On the line before each word, write the letter that is in front of the correct meaning. You can look at the meanings in the "Getting Started Vocabulary" for help.

_____ 1. variety   a. A thick, liquid fat that comes from plants.

_____ 2. oil   b. Meat from farm animals like chickens, turkeys and ducks.

_____ 3. serving size   c. A specific amount of a certain type of food.

_____ 4. poultry   d. Using very little of something.

_____ 5. sparingly   e. A lot of things of the same kind that are different from each other.

Vocabulary Exercise D

DIRECTIONS: In each row, underline the word that is not a food.

Example

nuts	<u>serving size</u>	yogurt	cereal
1. cereal	poultry	group	nuts
2. sugar	yogurt	go easy on	poultry
3. serving size	sugar	pasta	sweets
4. yogurt	sweets	oil	variety
5. sugar	sparingly	nuts	poultry
6. cereal	oil	yogurt	use

Vocabulary Exercise E

DIRECTIONS: Write the correct word in each sentence. Choose from the list of words. There are 6 words and 6 sentences. Use each word only once.

serving size	**variety**	**use**
go easy on	**sparingly**	**group**

1. At Christmas and other holidays, it is hard to _____ candy.

2. A big grocery store has a large _____ of fruits and vegetables for sale.

3. Do you _____ mayonnaise on a hamburger?

4. Oranges, apples and bananas all belong in the fruit _____.

5. A _____ of bread is usually one slice.

6. It's probably a good idea to eat fat _____.

Getting Information From The Internet

Exercise A: Food Guide Pyramid Introduction

1. Turn on the computer.

2. Get on the Internet by clicking the appropriate icon on your computer desktop.

3. Enter this URL: http://www.nal.usda.gov/fnic

   Click on: *Food Guide Pyramid* (in the left-hand column).

   From *USDA's Food Guide Pyramid Educational Tools*, **click on:** *The Interactive Food Guide Pyramid.*

4. Read the first three paragraphs (before "*What Counts as One Serving*") and discuss their meaning with your tutor.

Students: Please read the following two paragraphs about the Food Guide Pyramid.

Why Do We Use The Pyramid Shape?

We use the pyramid shape to show us which foods we should eat the most of each day. The pyramid shape also shows us which foods we should eat just a little of. The bottom of the pyramid is much larger than the top, showing that we should eat more of the foods pictured at the bottom. For example, the bottom or largest part of the Food Guide Pyramid is for the "Bread, Cereal, Rice and Pasta" group because we should eat more foods from this group (6-11 servings) than from any other group. The meat and dairy groups are smaller spaces near the top. These small spaces show us that we should eat only a couple of servings a day of meat and dairy products.

There are only five food groups. Fats, oils and sweets are not a food group. They are in the smallest section (at the very top of the pyramid) to show us we should use very little fats, sweets and oils. Look at the key in the upper right of the Food Guide Pyramid page. These symbols for fats, sweets and oils are found all over the pyramid. This shows us that fats, oils and sweets are in all kinds of foods. We are already eating some fats, oils and sweets when we eat other foods, so we should watch how much we add to foods.

Note to Tutor: Explain that the suggested number of servings (for example, 6-11 for the "Bread, Cereal, Rice & Pasta Group") is a range. People select a specific number of servings based on their age and any special dietary needs.

5. Starting at the bottom of the Food Guide Pyramid, read the names of each food group and tell the number of recommended servings. Name the foods pictured in each group.

6. **WORKBOOK DIRECTIONS:** on the blank pyramid below, write in the name of each food group and the number of recommended daily servings.
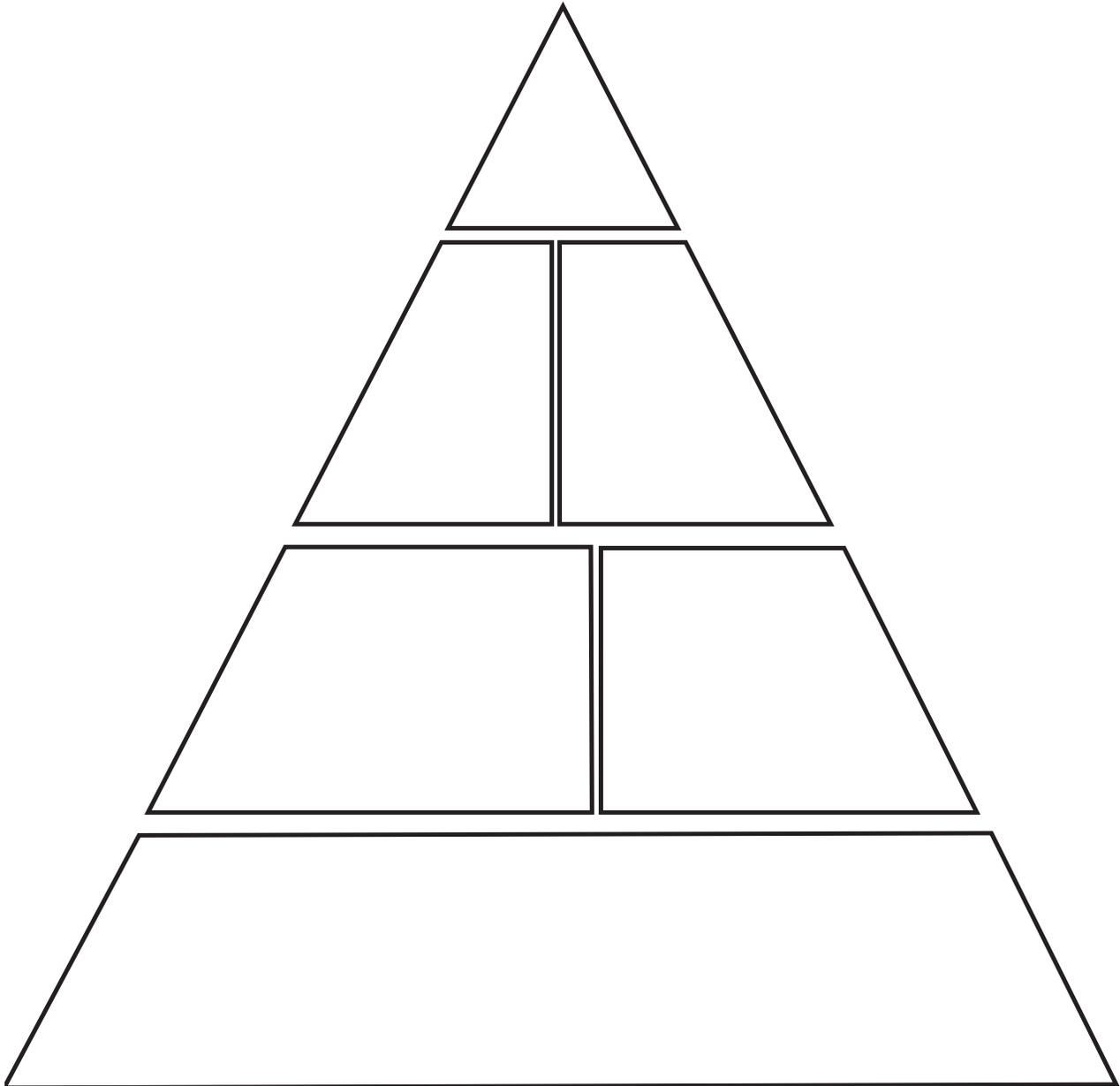
Exercise B: Food Guide Pyramid Groups

Note to Tutor: If needed, students can use the site http://www.medem.com as a reference to figure out or check their answers for the "B and C" exercises. If that site does not work, use http://www.nal.usda.gov/fnic

1. Enter this URL: http://www.medem.com

   In the search box, type the words: good food.

   Click on: *Go.*

   From the list, click on: *Good Food That's Good For You: The Food Guide Pyramid.*

   Scroll down to find *The four levels of the pyramid.* You will need only the information in the three boxes for this exercise.

2. **WORKBOOK DIRECTIONS:** In the questions below, there are lists of four foods. Three of them belong to the same food group, but one does not belong to that group. Cross out the food that does not belong. Then write the name of the food group and the recommended number of servings for that group.

Example

orange

carrot

banana

peach

Name of food group: _____

Recommended number of servings: _____

Answer:

Cross out ~~carrot~~.

Name of food group: _Fruit_

Recommended number of servings: 2-4
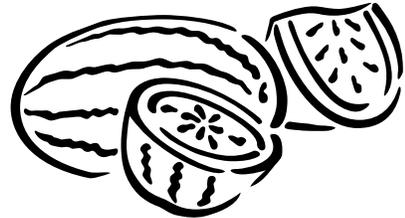
1) broccoli

   lettuce

   spinach and kale

   orange

   Name of food group _____

   Recommended number of servings _____

2) watermelon

   peach

   cantaloupe

   salmon

   Name of food group _____

   Recommended number of servings _____

3) whole-grain bread

   low-fat milk

   yogurt

   cheese

   Name of food group _____

   Recommended number of servings _____

4) whole-grain bread

tortilla

bran flakes

broccoli

Name of food group _____

Recommended number of servings _____

5) eggs

cantaloupe

salmon

beans

Name of food group _____

Recommended number of servings _____

6) sweet potatoes

spinach and kale

broccoli

yogurt

Name of food group _____

Recommended number of servings _____

Exercise C: Recommended Servings

1. If you need to, use the same URL you used for Exercise B on page 1-7.

2. Look at the food groups listed below. Write in the recommended number of servings from that group. Then write the name of a food in that group that you like to eat.

1) Milk, Yogurt & Cheese

   Recommended number of servings _____

   A food you like _____

2) Meat, Poultry, Dry Beans, Eggs & Nuts

   Recommended number of servings _____

   A food you like _____

3) Vegetable

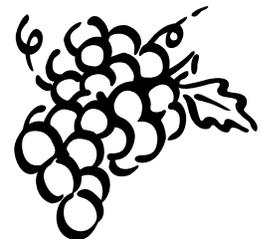   Recommended number of servings _____

   A food you like _____

4) Fruit

   Recommended number of servings _____

   A food you like _____

5) Bread, Cereal, Rice & Pasta Group

   Recommended number of servings _____

   A food you like _____

Vocabulary Review

DIRECTIONS: Write the correct word in each sentence. Choose from the list of words. There are 10 choices and 10 sentences. Use each word only once. One sentence uses both "use" and "sparingly," so they are listed together in the list.

yogurt	**pasta**	**cereal**	**poultry**	**serving size**
sugar	**nuts**	**sweets**	**groups**	**use, sparingly**

1. Six to 11 servings are suggested for the "Bread, Cereal, Rice & _____" group

2. The Food Pyramid suggests that we should _____ fats, oils and sweets _____.

3. Meat from chicken, turkey and ducks is called _____.

4. It's healthful to eat low-fat foods from the "Milk, _____ & Cheese" group.

5. A _____ _____ is a specific amount of a certain type of food.

6. Foods like candy, and cakes are called _____.

7. _____ is usually eaten for breakfast with milk.

8. What is your favorite food in the "Meat, Poultry, Dry Beans, Eggs and _____" group?

9. Sweets usually have lots of _____.

10. The Food Guide Pyramid has five different food _____.

Evaluation

20 points possible

Total score _____   *(Goal is 14 or more)*

1. **Read the names of the five food groups.**

(5 points possible)   Score: _____

    1) Bread, Cereal, Rice & Pasta

    2) Vegetable

    3) Fruit

    4) Milk, Yogurt & Cheese

    5) Meat, Poultry, Dry Beans, Eggs & Nuts

2. On the blank pyramid, write the name of each food group in its proper place. (The pyramid is on the next page.)

(5 points possible)   Score _____

    Vegetable   Meat, Poultry, Dry Beans, Eggs & Nuts

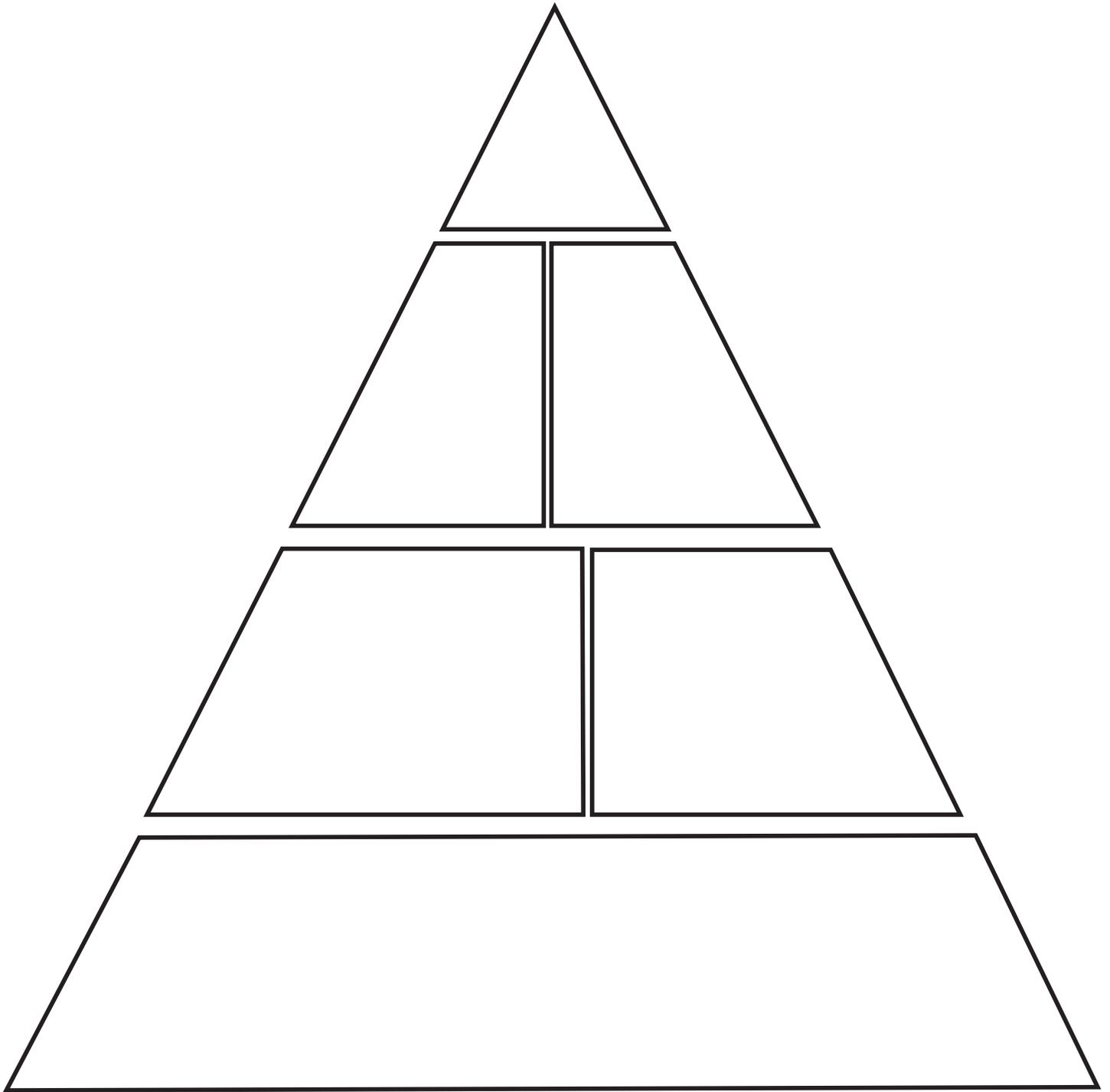   Fruit   Bread, Cereal, Rice & Pasta

    Milk, Yogurt & Cheese

3. On the same pyramid, write the recommended number of servings for each group. You may choose from this list. Use each listing once.

(5 points possible)   Score _____

    1) 2-3 servings

    2) 2-3 servings

    3) 3-6 servings

    4) 3-6 servings

    5) 6-12 servings

4. Choose the correct answer for each question below. Circle the number of the answer you choose.

(5 points possible)   Score _____

1) Which is the food group from which you should eat the most servings?.

    1. Meat, Poultry, Dry Beans, Eggs & Nuts

    2. Vegetable

    3. Bread, Cereal, Rice & Pasta

    4. Fruit

    5. Milk, Yogurt & Cheese

2) Which food group includes broccoli, spinach and kale?

    1. Fruit

    2. Meat, Poultry, Dry Beans, Eggs & Nuts

    3. Bread, Cereal, Rice & Pasta

    4. Milk, Yogurt & Cheese

    5. Vegetable

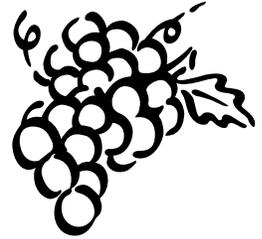3) How many servings of the Milk, Yogurt & Cheese Group should you eat daily?

    1. 2-4 servings

    2. 3-5 servings

    3. 6-11 servings

    4. 2-3 servings

4) Which food group is most important to good health?

   1. Fruit
   2. Meat, Poultry, Dry Beans, Eggs & Nuts
   3. Bread, Cereal, Rice & Pasta
   4. Milk, Yogurt & Cheese
   5. Vegetable
   6. No food group is more important than another.

5) Which food group includes peanut butter, chicken and beef?

   1. Milk, Yogurt & Cheese
   2. Fruit
   3. Vegetable
   4. Meat, Poultry, Dry Beans, Eggs & Nuts
   5. Bread, Cereal, Rice & Pasta