



A Rainbow of Colors in the Food Pyramid

One of my units of study with preschool and kindergarten children is the Food Pyramid. Students have learned about the various colors and what food group they designate. Orange is for grains, green for vegetables, red for fruits, blue for milk, and purple for meat and beans. Yellow is not a food group but symbolizes oils, which are needed in limited quantity. Choosing the right kind of oils, and from which foods, is important.

Students are learning that they should try to make their plate a "rainbow of color" each time they eat. They should make an effort to choose something from each food group.

Students also learned that the size of the colored triangle, within the food pyramid, is directly proportional to the number of servings you should have from that food group each day. The person climbing the stairs symbolizes the need for exercise, along with good nutritional choices, to help lead a healthy lifestyle.

Fun games about nutrition helped students apply what they had learned about the food pyramid. Moving to the music, students picked up food cards and matched them to the food pyramid. Later, they played a game where they placed their cards in a hoop that matched the correct color of the food pyramid. They were able to discuss their choice with others who chose the same hoop for their food card.



We are learning to identify the foods that go in each food group.

(See more pictures below.)



Students played a game where they moved in different ways to the music. When the music stopped they picked up a food card and placed it in the hoop that matched the correct color of the food pyramid. A matching ball was picked up and thrown in the air if the food card was in the correct hoop. Each time the ball was caught, students shouted out the name of their food group.

Learning about the food pyramid is fun!
It helps us make healthy choices about the food we eat!

Make your day a rainbow day!

