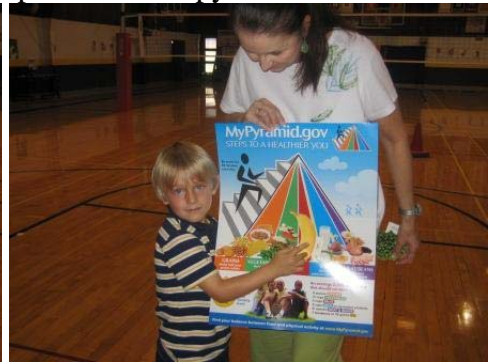
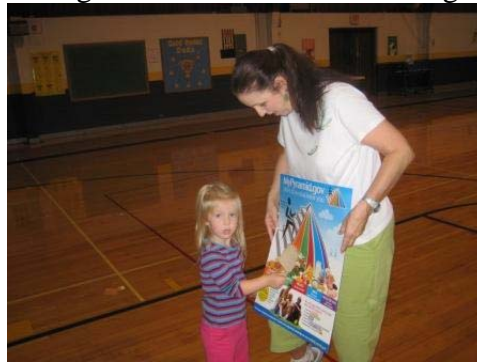
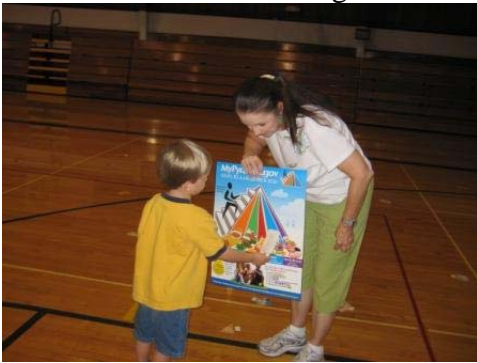




## Learning About the Food Pyramid

Students are currently studying the food pyramid in Physical Education. They have learned that the colors stand for different food groups and the size of the color is associated with the amount of food one should have from that food group in a day. Students also know that the person climbing the steps of the pyramid symbolizes the need to exercise, as well as eat right, in order to lead a healthy lifestyle. What an important life lesson!

It was great fun matching foods to their correct food group on the food pyramid.



Students show the food cards they picked during one of our food pyramid games.



View more pictures below.

In another food pyramid game, as music played, students moved around the gym in various ways and looked at different food cards. When the music stopped, they picked up the card that was closest to them.



Students placed the food card in the hoop that corresponded with the correct color and food group on the food pyramid chart. Students worked together to determine whether all the food cards in their hoop were correct.



Learning about the food pyramid was fun. It is important that students recognize that proper nutritional choices contribute to a healthy lifestyle.

Healthy Eating to You!!

