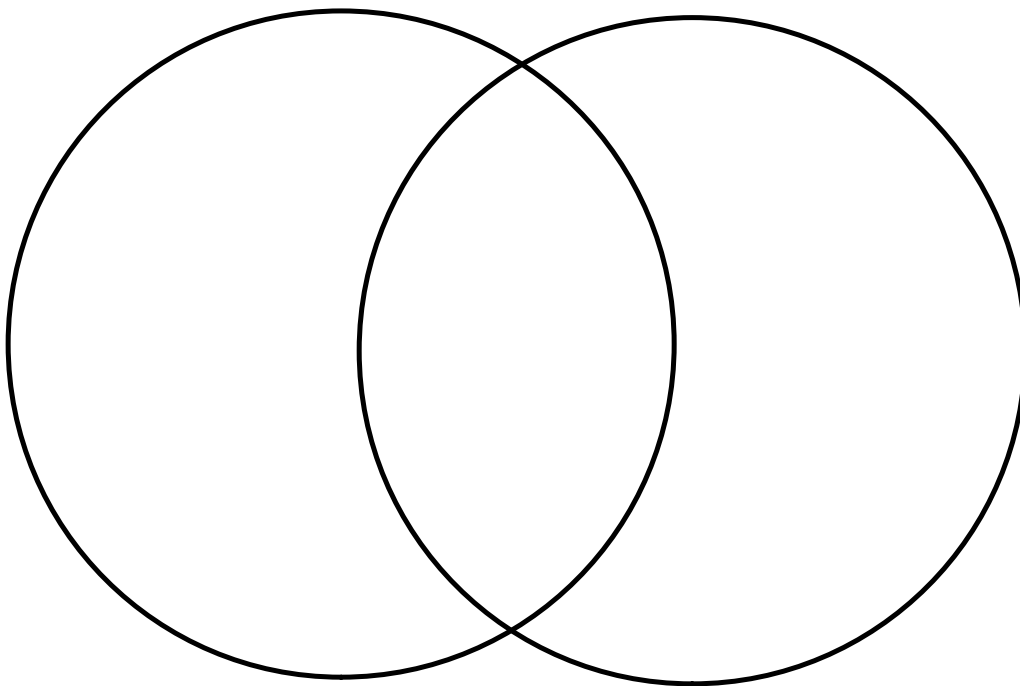



## Comparing Foods



Nutritious Food

Unhealthy Food

Brainpop - Nutrition 

## The New Food Pyramid



How many of the 6 food groups can you name?

Write your answers in the box and then check next screen



Orange	GREEN -
RED -	BLUE
PURPLE -	YELLOW -

TO FIND THE ANSWERS - JUST ERASE BY THE COLOR

# The Grain Group



The grain group is divided into two groups. Whole grains contain the entire kernel, and refined grains which have been processed. Refining grains improves the shelf life of the product, but removes the dietary fiber, iron and many vitamins.

## Whole Grains

## Refined Grains

- Brown Rice
- Oatmeal
- White Bread
- White Rice
- White Flour
- Whole Cornmeal

Draw a line from the grains listed above to the appropriate column.  
Erase inside box for the correct answers.

# The Vegetable Group



Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables are organized into 5 subgroups, based on their nutrient content.

## Dark Green Vegetables

broccoli  
spinach  
collard greens

## Orange Vegetables

carrots  
pumpkin  
sweet potatoes

## Dry Beans and Peas

Black beans  
Pinto beans  
Black eyed peas

## Starchy Vegetables

Corn  
Green Peas  
Potatoes

## Other Vegetables

Beets  
Cucumbers  
Green Beans  
Onions  
Tomatoes

Information only

# The Fruit Group



Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried.

Write in or type in 10 different fruits or fruit juices

## The Oils Group



Oils are liquid at room temperature and come from plants and fish, whereas solid fats are solid at room temperature and come from many animal foods containing cholesterol (which should be limited).

### Oils

- Butter
- Chicken fat
- Canola
- Stick margarine
- Olive
- Sunflower
- Shortening

### Solid Fats

Draw a line from the word list to the correct box.  
Erase inside the box for the answers.

# The Milk Group



Foods made from milk that retain their calcium content are part of this group, unlike foods such as cream cheese, cream, and butter. Most milk group choices should be fat-free or low-fat.

## Milk

- Fat Free (skim)
- Low Fat (1% fat)
- Reduced Fat (2%fat)
- Whole Milk (3 1/2%fat)

## Milk based desserts

- Puddings made with milk
- Ice Milk
- Frozen Yogurt
- Ice Cream

## Cheese

- Cheddar
- Mozzarella
- Swiss
- Ricotta
- Cottage Cheese

## Yogurt

- All yogurt products

Information only



# The Meat & Beans Group



Most meat and poultry should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods more often.

## Meats

beef  
ham  
lamb  
pork

## Poultry

chicken  
duck  
goose  
turkey

## Dry Beans & Peas

black-eyed peas  
pinto beans  
kidney beans  
veggie burgers

## Nuts & Seeds

almonds  
cashews  
peanuts  
pecans

## Fish

catfish  
trout  
tuna  
shrimp  
lobster

Information only

Drag the food to the part of the pyramid it belongs to.  
 If you don't know what goes in each part, click on the name of the part you are working on for hints!

The pyramid is divided into five sections from left to right: Grains (orange), Vegetables (green), Fruits (red), Milk (blue), and Meats & Beans (purple). A yellow section labeled 'Fats' is positioned between the Fruits and Milk sections, with an arrow pointing to it from the 'Fats' label below. Below the pyramid, there are various food items including fish, bread, candy, rice, cheese, milk, carrots, apples, lettuce, peas, cherries, oranges, mushrooms, sausages, strawberries, potatoes, a turkey, a pepper, butter, eggs, tomatoes, rice, baked beans, and a banana.

Grains      Vegetables      Fruits      Fats      Milk      Meats & Beans

www.mypyramid.com

**Interactive Pyramid - What each group does for our body.**



## The New Food Pyramid



Color	Food Group	Examples	Servings	Benefit for Body

# Necessary Nutrients- Proteins



What do PROTEINS do for your body?  
What foods can we find protein in?

They build and repair cells and they give us energy.

We find protein in meat, poultry, fish, eggs, milk products, dried beans and peas, nuts, and some grains.







# Necessary Nutrients- Vitamins



What do VITAMINS do for our body?  
What foods do you find vitamins in?

Vitamins have specific functions in your body.  
Some help your body use other nutrients.  
Others keep parts of your body strong and healthy.

# Vitamins

-  **B12** for healthy blood and nerve cells. Found in meat, poultry, fish, milk, eggs.
-  **D** for keeping bones and teeth strong. Found in fish, eggs, and Vitamin D fortified milk.
-  **B1** is needed to release energy from nutrients. Found in meat, eggs, fish, and whole grain bread.
-  **A** keeps our skin and eyes healthy. Found in carrots, eggs, broccoli, tomatoes, and leafy green vegetables.
-  **B2** helps release energy from nutrients. Found in eggs, milk, meat, broccoli, and whole grain bread.
-  **C** keeps blood, gums, and teeth healthy. Found in citrus fruit, strawberries, tomatoes, and broccoli.

# Necessary Nutrients- Minerals








What are MINERALS?  
What foods can we find them in?

Minerals are nutrients that help your body grow and work. They keep bones and teeth strong, release energy from food, and keep cells functioning normally.



# Minerals

-  **Calcium** gives us strong bones, teeth, and helps our muscles work. Found in milk products, tofu, broccoli, leafy green vegetables.
-  **Fluoride** keeps our teeth and bones strong. Found in water with fluoride, fish, and gelatin.
-  **Iodine** keeps our cells functioning normal and keeps skin, hair, and nails healthy.
-  **Phosphorus** builds strong bones and teeth and helps our cells to function. Found in meats, poultry, dried beans and peas, and milk products.
-  **Iron** helps oxygen to move throughout the body, cells to use energy, and helps our bodies fight against infection. Found in meat, whole grains, leafy green vegetables, nuts, dried beans.

# Lack of Nutrients



## CAUTION:

A lack of nutrients may cause..



- \* poor growth and development
- \* decreased ability to fight infections
- \* more frequent illnesses
- \* dizziness and headaches
- \* increased amount of tiredness
- \* increased trouble paying attention in school

# Daily Nutritional Intake



## Each Day, you need...

Proteins, carbohydrates, fats, water, AND for your food to contain vitamins, minerals, and fiber

- \***Dairy:** 2-3 servings daily
- \***Fruit:** 2-4 servings daily
- \***Vegetables:** 3-5 servings daily
- \***Grains:** 6-11 servings daily
- \***Meats:** 2-3 servings daily
- \***Fats/Sweets:** small amounts daily

# Nutrient Assessment



Draw a line from the nutrient to the benefit it provides for your body.

Fluoride

Iron

Protein

Vitamin A

Vitamin D

\*improves your night vision

\*prevents tooth decay

\*prevents fatigue (tiredness)

\*helps your body grow

\*keeps your bones strong



Sort into categories using the words from the next page.

Meats	Dairy	Grains



# Foods to Categorize...

Milk

Steak

Flour Tortilla

Spaghetti Noodles

Chicken Wings

Yogurt

Eggs

Whole-Wheat Biscuit

Cheddar Cheese

Nuts

Cereal

Cream Cheese

Chicken

Hamburger Bun

Ice Cream

Fish Fillet

Croutons

Shredded Cheese

Pork Chop

Brown Rice



# Create a balanced dinner

Using what you've learned, create a balanced dinner below. Make sure you choose at least one item from each food group.

Meats Group: \_\_\_\_\_

Dairy Group: \_\_\_\_\_

Grain Group: \_\_\_\_\_

Vegetable Group: \_\_\_\_\_

Fruit Group: \_\_\_\_\_

Fats and Sweets Group: \_\_\_\_\_



**Bill Nye video on Nutrition**







## Attachments

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Lesson Template.notebook