











EXERCISE 1

MATCHING

DIRECTIONS: Write the word in the box next to the picture. Choose the word from the box on the right.

1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- beet
- corn
- beans
- bell peppers
- carrots
- asparagus
- broccoli
- onions
- lettuce
- potatoes

TEACHER DIRECTIONS for EXERCISE 1

The teacher orally reviews words in the box on the right. After learners complete the activity, they compare responses with partners.

Using a separate sheet of paper, encourage learners to write simple sentences using the words (e.g., The carrots are orange.)

Once students correctly label pictures, they can cut rows apart and fold on the line between the picture and the word to create simple flash cards.

Other activities: Alphabetize words. Sort according to different features (e.g., vegetables that can be eaten raw; vegetables that are roots; vegetables that are leafy)

KEY











1. asparagus
2. corn
3. lettuce
4. beans
5. bell peppers
6. broccoli
7. potatoes
8. beet
9. onions
10. carrots

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.

EXERCISE 2

MATCHING

DIRECTIONS: Write the word in the box next to the picture. Choose the word from the box on the right.

1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

- strawberries
- grapefruit
- apples
- watermelon
- cherries
- figs
- grapes
- pineapple
- pears
- bananas

TEACHER DIRECTIONS for EXERCISE 2

The teacher orally reviews words in the box on the right. After learners complete the activity, they compare responses with partners.

Using a separate sheet of paper, encourage learners to write simple sentences using the words (e.g., The apple is red.)

Once students correctly label pictures, they can cut rows apart and fold on the line between the picture and the word to create simple flash cards.

Other activities: Alphabetize words. Sort according to different features (e.g., fruits that must be peeled; fruits that are small; fruits commonly found as juices)

KEY

1. bananas
2. cherries
3. grapes
4. strawberries
5. apples
6. figs
7. grapefruit
8. watermelon
9. pears
10. pineapple

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EXERCISE 3**FILL-IN-THE BLANK**

DIRECTIONS: Write the term that is described in the blank.

- _____ 1. power for the body
- _____ 2. foods or meals which are quickly and often cheaply available; often high in salt and calories from fat and sugar.
- _____ 3. indigestible materials in food that contribute to good digestion
- _____ 4. uncooked or unprocessed foods, raw
- _____ 5. good physical condition; well-being
- _____ 6. average in size; not small or large
- _____ 7. in canning, placed or stored
- _____ 8. with little visible fat
- _____ 9. treatment of food to change its form
- _____ 10. a naturally occurring substance found in salt and salty foods which can contribute to high blood pressure and heart disease
- _____ 11. an important part of all cells; mostly obtained from foods in the meat group
- _____ 12. different kinds
- _____ 13. homogenized milk that is not reduced in fat
- _____ 14. small unit of weight; 16 of these = 1 pound
- _____ 15. ten recommendations that promote good health
- _____ 16. stored as a solid or ice
- _____ 17. male or female
- _____ 18. food components such as carbohydrates, proteins, fats, vitamins, minerals, and water which promote good health
- _____ 19. foods that are eaten between meals

- _____ 20. grains such as wheat or rice that are less processed and have more fiber.
- _____ 21. average amount; not too much
- _____ 22. fresh, not cooked
- _____ 23. plants or animals that humans eat
- _____ 24. not seen
- _____ 25. able to be seen
- _____ 26. substances in food that are essential to health but that do not provide energy
- _____ 27. the taste of sugar
- _____ 28. foods with little fat; better because high fat foods can lead to heart disease
- _____ 29. amount of food for one person
- _____ 30. how old a person is
- _____ 31. units of energy for the body
- _____ 32. eating foods in small amounts and not very often

age	frozen	moderation	serving
calories	gender	nutrients	snacks
dietary guidelines	health	ounce	sodium
energy	hidden	packed	sweet
fast food	lean	visible	variety
fiber	low-fat	processed	vitamins
food	medium	protein	whole grain
fresh	raw	whole milk	sparingly

TEACHER DIRECTIONS for EXERCISE 3

Teacher reads definitions and words in the word list aloud. Teacher instructs learners to match the words with their definitions. If learners have difficulty reading and understanding the definitions, the teacher provides assistance and support.

Ask students to use words in sentences of their own. Lower-level students can provide a verbal sentence and the teacher can write it on paper or on the board for other students to copy. More advanced students can write sentences independently.

KEY

- | | |
|------------------------|------------------|
| 1. energy | 17. gender |
| 2. fast food | 18. nutrients |
| 3. fiber | 19. snacks |
| 4. fresh | 20. whole grains |
| 5. health | 21. moderation |
| 6. medium | 22. raw |
| 7. packed | 23. food |
| 8. lean | 24. hidden |
| 9. processed | 25. visible |
| 10. sodium | 26. vitamins |
| 11. protein | 27. sweet |
| 12. variety | 28. low-fat |
| 13. whole milk | 29. serving |
| 14. ounces | 30. age |
| 15. dietary guidelines | 31. calories |
| 16. frozen | 32. sparingly |

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EXERCISE 4

WRITING FRAMES
MYPYRAMID, PARTS OF THE PYRAMID

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

MyPyramid has colored stripes. Each person needs to eat from the following five food

groups each day: _____, _____,

_____, _____, and _____.

The number of servings depends on a person's _____, _____, and physical

activity level.

EXERCISE 5

**WRITING FRAMES
MYPYRAMID, GRAIN GROUP**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

The _____ Group forms the largest part of MyPyramid. This group includes breads, _____, rice, and _____. Whole grain foods are best because they have more _____.

Three whole-grain foods in this group are

(1) _____

(2) _____

and (3) _____.

Three other foods in the grain group are

(1) _____

(2) _____

and (3) _____.

Foods in the grain group contain carbohydrates. These give the body

_____ . Servings for the grain group are listed in

_____ . Different people need different _____ from the grain

group.

EXERCISE 6

WRITING FRAMES
MYPYRAMID, VEGETABLE GROUP

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

A _____ is a kind of plant grown for food. Vegetables come from different parts of the plant. They provide _____, _____, _____ and other nutrients. Different vegetables provide different nutrients.

Three foods in this group are

(1) _____

(2) _____ and

(3) _____.

The way vegetables are prepared affects the nutrients in them. When possible,

_____ vegetables are best. One good way to cook vegetables is

_____. _____ vegetables such as French fries or

onion rings have too much fat. Cooking with butter, cheese, bacon, or other oils also

adds too much _____. A serving of a vegetable depends on the way it is

prepared.

EXERCISE 7**WRITING FRAMES
MYPYRAMID, FRUIT GROUP**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

Many fruits taste _____. Fruits provide important _____ and other nutrients. Fruits are very different. A _____ is a small fruit. A _____ is a large fruit. A _____ is a citrus fruit. A _____ is a fruit that can be eaten with the skin. A _____ is a fruit that must be peeled before eaten. A _____ is a dried fruit.

Fruits are available in different ways. They can be fresh. They can also be canned, _____, or _____. Fresh fruits, especially those eaten with the peel, have the most _____. Some fruits have added sugar. These fruits with added sugar are not as _____.

EXERCISE 8

**WRITING FRAMES
MYPYRAMID, MILK GROUP**

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

Examples of foods in the milk group include 1) _____, 2) _____, and 3) _____. Milk products provide the body with _____ and other nutrients. Many milk products, also called _____ products, contain fat. _____ and _____ are examples of high fat milk products.

Different people need different numbers of servings from the milk group. Most people need _____ cups per day.

EXERCISE 8

WRITING FRAMES
MYPYRAMID, MEAT AND BEANS GROUP

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

The meat and beans group has many different foods. Meats from animals include

1) _____,

2) _____ and

3) _____.

The meat and beans group also includes eggs and foods from plants like

_____ and _____.

Fish (such as _____) and shellfish (such as _____) are in

the meat and beans group, too. Meats provide the body with _____.

Meats differ in the amount of fat they have. Meats that are high in protein and low in fat include _____ and _____. Beef and pork should be eaten with little visible _____. _____ should be served without the skin. The way meat is prepared also affects the amount of fat it has. Meats that are _____ or that have sauces or _____ are high in fat. Boiled, _____, and _____ poultry, meat, and fish are lower in fat.

Each person should eat between _____ and _____ ounces from this group each day.

EXERCISE 10

WRITING FRAMES
MYPYRAMID, OILS AND SWEETS

DIRECTIONS: Read the scenario. Use the information in it to fill in the blanks.

The yellow stripe of MyPyramid stands for _____ . Foods in
this group should be eaten _____ .

Three good sources of oil are

1. _____
2. _____
3. _____

Examples of foods that are high in fat include _____ ,
_____, and _____ .

Sweets are foods made with _____ . Examples of sweets include

_____, _____, and

_____ . Sweets have lots of _____ . They do not provide

many _____ . There is no place for sweets on

_____ .

TEACHER DIRECTIONS for EXERCISES 4-10

After reading the scenario, learners complete the writing frames by filling in blanks. Frames can be completed as a single assignment or divided by food group. Some answers will vary.

KEY for EXERCISES 4-10

Answers appear in boldface type.

PARTS OF THE PYRAMID

MyPyramid has colored stripes. Each person needs to eat from the following five food groups each day: **grains, vegetables, fruits, milk, and meat and beans**. The number of servings depends on a person's **age, gender** and physical activity level.

GRAIN GROUP

The **grain group** forms the largest part of MyPyramid. This group include breads, **cereal**, rice, and **pasta**. Whole grain foods are best because they have more **fiber**. Three whole-grain foods in this group are (1) **answers vary**, (2) **answers vary**, and (3) **answers vary**. Three other foods in the bread group are (1) **answers vary**, (2) **answers vary**, and (3) **answers vary**. Foods in the bread group contain carbohydrates. These give the body **energy**. Servings for the grain group are listed in **ounces**. Different people need different **servings** from the grain group.

VEGETABLE GROUP

A **vegetable** is a kind of plant grown for food. Vegetables come from different parts of the plant. They provide **fiber, vitamins, minerals** and other nutrients. Different vegetables provide different nutrients. Three foods in this group are (1) **answers vary**, (2) **answers vary**, and (3).

The way vegetables are prepared affects the nutrients in them. When possible, **raw** vegetables are best. One good way to cook vegetables is **answers vary**. **Fried** vegetables such as French fries or onion rings have too much fat. Cooking with butter,

cheese, bacon, or other oils also adds too much **fat**. A serving of a vegetable depends on the way it is prepared.

FRUIT GROUP

Many fruits taste **sweet**. Fruits provide important **vitamins** and other nutrients. Fruits are very different. A **answers vary** is a small fruit. A **answers vary** is a large fruit. A **answers vary** is a citrus fruit. A **answers vary** is a fruit that can be eaten with the skin. A **answers vary** is a fruit that must be peeled before eaten. A **answers vary** is a dried fruit.

Fruits are available in different forms. They can be fresh. They can also be canned, **frozen**, or **dried**. Fresh fruits, especially those eaten with the peel, have the most fiber. Some fruits have added sugar. These fruits with added sugar are not as **healthful**.

MILK GROUP

Examples of foods in the milk group include 1) **answers vary**, 2) **answers vary**, and 3) **answers vary**. Milk products provide the body with **calcium** and other nutrients. Many milk products, also called **dairy** products, contain fat. **Answers vary** and **answers vary** are examples of high fat milk products.

Different people need different numbers of servings from the milk group. Most people need **three** cups per day.

MEAT AND BEANS GROUP

The meat and beans group has many different foods. Meats from animals include 1) **answers vary**, 2) **answers vary** and 3) **answers vary**. The meat and beans group also includes eggs and foods from plants like **answers vary** and **answers vary**. Fish (such as **answers vary**) and shellfish (such as **answers vary**) are in the meat and beans group, too. Meats provide the body with **protein**.

Meats differ in the amount of fat they have. Meats that are high in protein and low in fat include **answers vary** and **answers vary**. Beef and pork should be eaten with little visible **fat**. **Poultry** should be served without the skin. The way meat is prepared also affects the amount of fat it has. Meats that are **fried** or that have **gravy** or sauces are high in fat. Boiled, **broiled**, and **baked** poultry, meat, and fish are lower in fat.

Each person should eat between **three** and **seven** ounces from this group each day.

OILS and SWEETS

The yellow strip of MyPyramid contains stands for **oils**. It is the **smallest** stripe of **MyPyramid**. Foods in this group should be eaten **sparingly**. Three good source of oil are: **answers vary**.

Examples of foods that are high in fat include **answers vary**, **answers vary**, and **answers vary**.

Sweets are foods made with **sugar**. Examples of sweets include **answers vary**, **answers vary**, and **answers vary**. Sweets have lots of **calories**. They do not provide many **nutrients**. There is no place for sweets on **MyPyramid**.

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