

FOOD Pyramid Mat

ACTIVITY GUIDE



Includes:

Large 5' x 4' vinyl floor mat
48 Food and exercise cards

Get up and move to learn the different food groups and basic exercises that contribute to a healthy lifestyle. The floor mat includes a vibrant oversized U.S. government food pyramid that can be used as a class activity or hung for classroom decoration during a nutrition unit. Realistic images of each food help students understand what they should be eating. All foods featured are healthy options with which students should be familiar. Each card in the set is labeled with descriptions on the back. For self-checking, the foods are color coded by food group.

Food cards include:

Grains – popcorn, cereal, pretzels, rice, crackers, pasta
Fruits – banana, pear, apple slices, oranges, grapes, strawberries
Vegetables – carrots, radish, celery, broccoli, lettuce, corn
Meats & Beans – fish, peanut butter, egg, beans, steak, chicken
Milk – Swiss cheese, American cheese, milk, yogurt, ice cream
Oils – butter, olive oils

The exercise cards promote basic exercises.

Exercise cards include: backward arm circles, forward arm circles, shoulder rolls, hopping on one foot, squats, sit-ups, trunk rotations, lunges, jumping jacks, push-ups, and toe touches.

Physical activity cards show different forms of exercise in which students can participate. Students can customize their own activity cards to show favorite physical activities.

Physical activity cards include: basketball, bike riding, baseball, walking, and soccer.

Getting Started

Lay the floor mat on the floor in full view of the students. Discuss the different parts of the food pyramid and why healthy eating is important. Discuss the foods in each group and why the groups are different sizes. Use the food group cards, food cards, and physical activity cards to label the food pyramid as you discuss each area on the chart.

Food Pass Game

Pass out the food cards to all the students in class. Call out a food group: milk, meat & beans, vegetables, oils, grains or fruit. The first student who stands up with a food that belongs in that food group places the card on the mat.

Exercise for Everyone

Divide the class into teams. Place all the cards in a bag so students cannot see them. Have one player from each team take a card. The first player to place a food card in the correct location on the mat earns a point. If an exercise card is drawn, both players have to perform the exercise. The first player to complete the exercise earns a point.

True/False

Create customized true/false questions based on the information under review. Use the cards to ask questions to the class or team. The first player or team to answer correctly earns a food card. The player or team with the most food cards at the end of the game wins.

Suggested true and false questions:

True or False: You should eat more oils than fruit during the day. (False)

True or False: Watching TV is a form of exercise. (False)

True or False: A pie-eating contest is a form of exercise. (False)

True or False: Riding your bike to school is a form of exercise. (True)

True or False: Fruits and vegetables should be eaten every day. (True)

True or False: Bread is part of the grain food group. (True)

True or False: Exercise should be part of your day. (True)

Look for other food group products from Learning Resources®:

LER 2491 Healthy Hurdles™ Nutrition Game

LER 7240 Food Group Bingo



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