

# Food Pyramid Pocket Chart

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Cards not included

This rainbow-colored Food Pyramid Pocket Chart was designed to make teaching healthy eating habits fun! Each colored section of the chart represents one of the food groups.

- Orange – Grains
- Green – Vegetables
- Red – Fruits
- Yellow – Oils
- Blue – Milk
- Purple – Meat & Beans



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## Using the Food Pyramid Pocket Chart

Fill the pocket chart using the real photographic food cards from the Tabletop Pocket Chart Nutrition Card Set (LER2572) or make your own cards using heavy laminate paper. (For compatibility with the pocket chart, Learning Resources recommends using card sizes of 2.5" x 2.5").

Discuss the different food groups and the types of foods found in each group. Talk about your students' favorite foods, and the kinds of healthy foods they like to eat.

## The Food Pyramid



What does the Food Pyramid tell us? Eat more foods from the wider sections! The Food Pyramid is a visual guide to a balanced diet. Remember that a balanced diet includes foods from every group!

*For more information please visit [www.mypyramid.gov](http://www.mypyramid.gov)*

The Five Basic Food Groups (Oils is considered a "non-group" because these foods should be consumed sparingly – it is not necessary to deliberately eat them because you obtain these nutrients by eating healthier foods from other food groups)

**Grains**—This food group includes rice, cereals, pasta, oatmeal, breads, rolls, and crackers. Foods from this group should make up a large portion of our diets. They provide energy in the form of carbohydrates, and many of them are valuable sources of fiber, which helps keep our bodies running efficiently.

**Vegetables**—The veggie group includes roots like carrots and radishes, stems like celery and asparagus, leaves like lettuce and cabbage, flowers like broccoli and cauliflower, and seeds like peas and beans. Vegetables provide us with fiber, and important vitamins and minerals.

**Fruits**—Colorful fruits like strawberries, oranges, grapes, pears, bananas, watermelon, and unsweetened fruit juices make up this yummy food group. Fruits are full of vitamins, minerals, and fiber, but some may also contain many calories.

**Oils**—This "non-group" of foods contains items that should be consumed infrequently. Candy, soda pop, butter, salad dressing, mayonnaise, cookies, and French fries are high-calorie (and oftentimes high-fat) foods that do not help our bodies very much. In fact, too many high-fat foods can hurt us. The body needs a little bit of fat for energy, and to help cushion our skin and organs, but most of the fat we need, we can get from the healthier foods we eat. Fats are hard to digest, so they "stick around" in the body longer than most foods, adding extra weight to our bodies, and making our hearts work harder.

**Milk**—This food group includes milk, cheese, yogurt, butter, and ice cream. These foods contain calcium, which helps keep our teeth and bones strong and healthy. High-fat dairy products like ice cream and butter should be consumed in moderation. Consume low fat or fat-free foods whenever possible.

**Meat & Beans**—This protein rich food group includes meat, poultry, fish, dried beans, eggs, nuts, and peanut butter. Vegetarians often get protein from soy products, like tofu and soy milk. Protein helps us grow healthy bones, skin, hair, fingernails, and muscles. It gives us energy, and keeps our bodies strong and healthy.

**Physical Activity**—In order to have a balanced life style it is essential to make sure you stay physically active. The steps on the side of the Food Pyramid, with the person climbing them, is a reminder of the importance of daily physical activity.

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