

HEALTH

The Food Pyramid



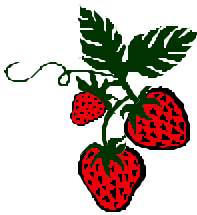
Level:	Low Beginning ESL
Materials Needed:	None
Technology Needed:	Internet Access

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Beginning Civics Education: The Food Pyramid

Fruits

Directions: Study these fruits. Write the name of each fruit on the line under the picture.

FRUITS



strawberries

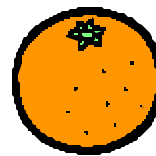
strawberries



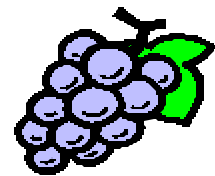
bananas



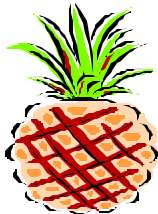
apple



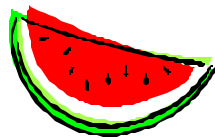
orange



grapes



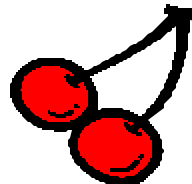
pineapple



watermelon



pear



cherries



lemons

Vegetables

Directions: Study these vegetables. Write the name of each vegetable on the line under the picture.

VEGETABLES



broccoli

broccoli



carrots



corn



tomatoes



cucumber



artichoke



eggplant



pepper



radish



celery

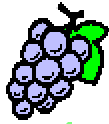
What Is It?

Directions: Read the words in the box. Match the name of the fruit or vegetable with the correct picture. Write the word on the line.

grapes	carrots	bananas	tomatoes	cherries
artichoke	pineapple	pear	broccoli	cucumber



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

Other Food Groups

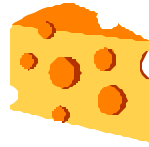
Directions: Write the name of each food on the line under the picture.

DAIRY



milk

milk



cheese

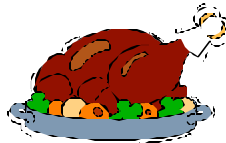


Yogurt

PROTEIN



eggs

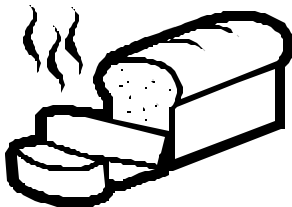


chicken



fish

BREAD, PASTA, CEREAL



bread



rice



cereal



pasta

Which Food Group?

Directions: Write the name of the food in the box under the title of the correct food group.

cereal	yogurt	chicken	pasta	eggs
rice	milk	cheese	fish	bread



DAIRY	PROTEIN	BREAD,PASTA CEREAL
_____	_____	cereal
_____	_____	_____
_____	_____	_____

How Many Servings?

1. Go to the Internet.
2. In the address box, type <http://www.nal.usda.gov:8001/py/pmap.htm> and click **GO**.
3. Look at the pyramid.



3. Click on the **apples** and **bananas**.

How many servings of the Fruit Group should you eat? _____

4. Click on **BACK**. Click on the **milk**.

How many servings of the Milk, Yogurt, and Cheese Group should you eat?

5. Click on **BACK**. Click on the **bread**.

How many servings of the Bread, Cereal, Rice, & Pasta Group should you eat?

6. Click on **BACK**. Click on the **broccoli** and **carrots**.

How many servings of the Vegetable Group should you eat? _____

7. Click on **BACK**. Click on the **chicken**.

How many serving of the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group should you eat? _____

8. Click on **BACK**. Click on the top of the pyramid. What is this group called?

What Counts as One Serving?



1. Go to the Internet.
2. In the address box, type <http://www.nal.usda.gov:8001/py/pmap.htm> and click **GO**.
3. Scroll down to **What Counts as One Serving?**
4. What is one serving of Milk, Yogurt, and Cheese?

1 cup of milk or yogurt

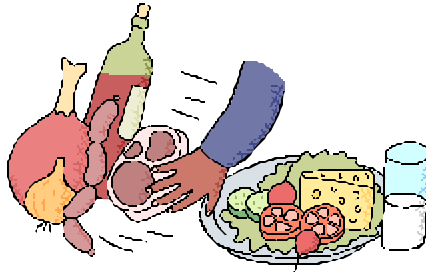
5. What is one serving of Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts?

6. What is one serving of Vegetable?

7. What is one serving of Fruit?

8. What is one serving of Bread, Cereal, Rice, & Pasta?

Nutrition Know-How



DIRECTIONS: Answer the questions.

1. How many servings of bread should you eat every day? _____.
2. How many servings of fruit should you eat? _____.
3. How many servings of meat should you eat? _____.
4. How many servings of dairy (milk, cheese) should you have? _____.
5. How many servings of vegetables should you eat? _____.
6. Yes or No: Eggs are in the meat group.
7. Yes or No: Corn is in the fruit group.
8. Yes or No: Nuts are in the meat group.
9. Yes or No: Milk is in the meat group.
10. What is a good, healthy lunch?
 - a. A McDonald's hamburger, fries, a Coke, and a bag of candy.
 - b. A tuna sandwich with lettuce and tomato, a glass of milk, and an orange.
 - c. 4 donuts and a beer.
 - d. 1 egg, 1 piece of chicken, 10 nuts, a large steak, and a glass of tomato juice.
 - e. 1 carrot, 1 egg, and a glass of milk.
11. What is your favorite food? _____
12. What food group(s) is it in? _____

Food for a Day

Directions: Write down what you will eat for one day. Think about the servings.

Milk, Yogurt, and Cheese

1 cup milk

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

Vegetable

Fruit

1 orange

Bread, Cereal, Rice, and Pasta

1 ounce cereal

Directions: Now plan your menu for the day.

Breakfast	Snack	Lunch	Snack	Dinner
<i>1 cup milk 1 ounce cereal 1 orange</i>				

HEALTH

The Food Pyramid



CHECKLIST: Check ✓ each worksheet when you finish.

_____ Fruits (page 2)

_____ Vegetables (page 3)

_____ What Is It? (page 4)

_____ Other Food Groups (page 5)

_____ Which Food Group? (page 6)

_____ How Many Servings? (Internet Activity) (page 7)

_____ What Counts as One Serving? (Internet Activity) (page 8)

_____ Nutrition Know-How (page 9)

_____ Food for a Day (page 10)

I finished all of the worksheets and activities.

Student's Signature

Instructor's Signature

ANSWER KEY

The Food Pyramid

What is it? (page 4)

1. artichoke
2. grapes
3. pear
4. cucumber
5. cherries
6. bananas
7. carrots
8. pineapple
9. broccoli
10. tomatoes

Which Food Group? (page 6)

DAIRY	PROTEIN	BREAD,PASTA CEREAL
yogurt	eggs	cereal
milk	chicken	pasta
cheese	fish	rice
		bread

How Many Serving? (page 7)

3. 2-4 Servings
4. 2-3 Servings
5. 6-11 Servings
6. 3-5 Servings
7. 2-3 Servings
8. Fats, Oils, and Sweets

What Counts as One Serving? (page 8)

4. Milk, Yogurt, and Cheese

1 cup of milk or yogurt

OR

1 1/2 ounces of natural cheese

OR

2 ounces of process cheese

5. Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts

2-3 ounces of cooked lean meat, poultry, or fish

OR

1/2 cup of cooked dry beans, 1 egg, or 2 tablespoons of peanut butter

6. Vegetable

1 cup of raw leafy vegetables

OR

1/2 cup of other vegetables, cooked or chopped raw

OR

3/4 cup of vegetable juice

7. Fruit

1 medium apple, banana, orange

OR

1/2 cup of chopped, cooked, or canned fruit

OR

3/4 cup of fruit juice

8. Bread, Cereal, Rice, and Pasta

1 slice of bread

OR

1 ounce of ready-to-eat cereal

OR

1/2 cup of cooked cereal, rice, or pasta

Nutrition Know-How (page 9)

1. 6-11 servings
2. 2-4 servings
3. 2-3 servings
4. 2-3 servings
5. 3-5 servings
6. Yes
7. No
8. Yes
9. No
10. b
11. answers will vary
12. answers will vary