GP2044 | My Food Pyramid Kit (Pk/12)

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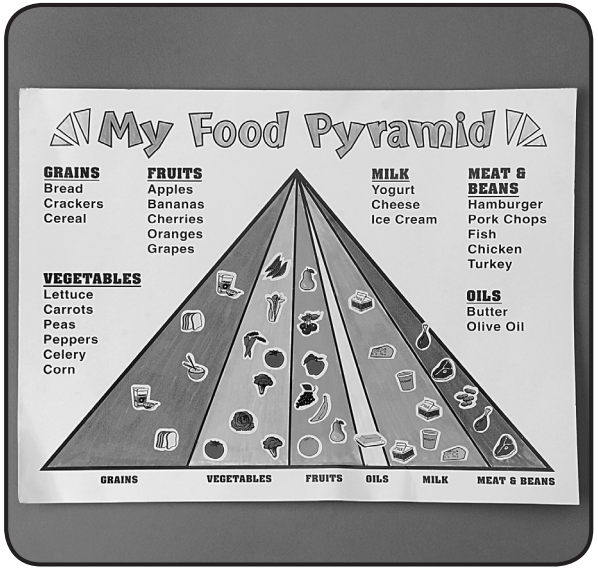
My Food Pyramid Kit (Pk/12)

PLEASE READ ALL INSTRUCTIONS BEFORE STARTING



YOUR KIT CONTAINS:
- Food Pyramid Chart
- Food Stickers
- Markers
- Tablecloth

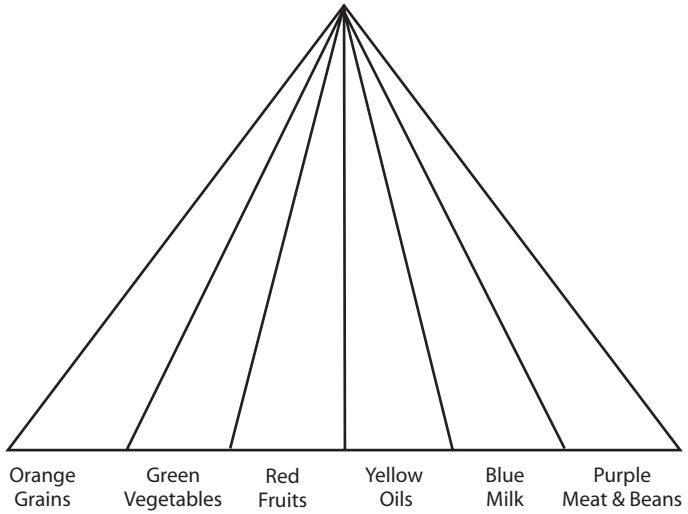
AGE GROUP: 5 and up
PROJECT TIME: 20 minutes

YOU WILL NEED:
- Scissors
- Clean Work Surface

GP2044

INSTRUCTIONS:

1. While the children color their food pyramid. (use color reference as below). Discuss the Nutrition Guidelines by the USDA (shown on the right).



2. Have the children use the stickers included to mark the things that they have had to eat today and tomorrow or all week.

3. This chart can be hung where each child can add to it as they have their meals.

Looking for some health snack ideas?
Try our **Healthy Snack Recipes Booklet Kit, Item #GP2057**

USDA GUIDELINES:

These are averages for children and would vary depending on age.

Grains: Have 3 oz of grains every day. This may be in the form of bread, cereal, crackers, rice or pasta. Be sure that you are having "Whole" grains, for fiber.

Vegetables: Have 5 servings of vegetables and fruits each day. Any vegetable or 100% vegetable juice can be counted. Vegetables can be raw or cooked, fresh, frozen or canned. Some of your servings of vegetables should be green vegetables. Have 1 to 1 1/2 cups per day for children.

Fruits: Any fruit or 100% fruit juice are acceptable as servings. They can be fresh, frozen, canned, dried. Have 1 to 1 1/2 cups per day.

Milk: This group includes yogurt, cheese, milk, ice cream. Most milk group choices should be fat free or low fat. Have 2 cups per day.

Meats and Beans: This group includes meats, beans, poultry, fish, eggs, nuts, seeds, peas. The choices should be low fat. This group amount would be about 3-4 oz. per day.

Oils: These are fats in a liquid form at room temperature. They come from many different kinds of plants and fish: sunflower oil, canola oil, olive oil, soybean oil, corn oil are just a few kinds. You should try to choose the healthiest oils, like olive oil or canola oil. In this group are also solid fats, like butter, mayonnaise, margarine, shortening. The allowance for children is 4 tsp per day.