Chapter 1: Food Guide Pyramid

Goals

1. When given a list of the five food groups on the USDA Food Guide Pyramid, student will read the name of each group and write the name in the appropriate place on a blank pyramid. (10 points)

2. Student will write the suggested number of servings for each food group in the appropriate place on the pyramid. (5 points)

3. Student will answer 5 multiple-choice questions about the principles and uses of the Food Guide Pyramid. (5 points)

4. Student will perform steps 1-3 with overall accuracy of 70% or better. That is a score of 14 or more correct out of the 20 points possible.

Getting Started Questions: Thinking About Food Groups

Look at each group name below. For each group, write the foods you usually eat.

Example

Meat: ___________  ___________  ___________

Milk and Dairy Products: ___________  ___________  ___________

Grains: ___________  ___________  ___________

(Bread, Cereal, Rice and Pasta)

Meat: ___________  ___________  ___________

Fruits: ___________  ___________  ___________

Vegetables: ___________  ___________  ___________

As you read this chapter, you will learn about different food groups. You will also see suggested amounts to eat each day from each group.
Getting Started Vocabulary

Vocabulary Meanings

**balance**  Eating the right amount of each kind of food.

**cereal**  A food made from grains. Cereal is usually eaten for breakfast with milk.

**go easy on**  To eat very little of something.

**group**  Several things that are together.

**nuts**  Large seeds with a hard brown shell. Some types of nuts you can eat are almonds, cashews, pecans and walnuts.

**oil**  A thick, liquid fat that comes from plants.

**pasta**  An Italian food made of dough that is cut into different shapes. It is cooked by boiling. Spaghetti and macaroni are examples of pasta.

**poultry**  Meat from farm animals like chickens, turkeys and ducks.

**serving, serving size**  A specific amount of a certain type of food. For example, a cup of vegetable is one serving (serving size) of vegetable and one cup of vegetable is two servings (serving sizes) of vegetable. One slice of bread is one serving (serving size) and 2-3 ounces of meat is one serving (serving size).

**sparingly**  Using very little of something.

**sugar**  Something sweet to put in food. The body uses sugar to supply energy. Sugar has a lot of calories, but very few nutrients.

**sweets**  Food with lots of sugar, like candy, cookies and ice cream.

**use**  To take into the body. “I use milk in my coffee.”

**variety**  A lot of things of the same kind that are different from each other.

**yogurt**  A thick, smooth, sour food made from milk.
Vocabulary Exercises

Vocabulary Exercise A

DIRECTIONS: Draw a line to match each word with its picture.

cereal
pasta
yogurt
poultry
sweets
nuts

Vocabulary Exercise B

DIRECTIONS: Match each word with its meaning. On the line before each word, write the letter that is in front of the correct meaning. You can look at the meanings in the “Getting Started Vocabulary” for help.

___ 1. nuts a. A thick, smooth, sour food made from milk.
___ 2. group b. An Italian food made of dough that is cut into different shapes.
___ 3. pasta c. To eat very little of something.
___ 4. go easy on d. Large seeds with a hard brown shell.
___ 5. yogurt e. Several things that are together.
Vocabulary Exercise C

DIRECTIONS: Match each word with its meaning. On the line before each word, write the letter that is in front of the correct meaning. You can look at the meanings in the “Getting Started Vocabulary” for help.

___ 1. variety a. A thick, liquid fat that comes from plants.
___ 2. oil b. Meat from farm animals like chickens, turkeys and ducks.
___ 3. serving size c. A specific amount of a certain type of food.
___ 4. poultry d. Using very little of something.
___ 5. sparingly e. A lot of things of the same kind that are different from each other.

Vocabulary Exercise D

DIRECTIONS: In each row, underline the word that is not a food.

Example

<table>
<thead>
<tr>
<th>nuts</th>
<th>serving size</th>
<th>yogurt</th>
<th>cereal</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. cereal</td>
<td>poultry</td>
<td>group</td>
<td>nuts</td>
</tr>
<tr>
<td>2. sugar</td>
<td>yogurt</td>
<td>go easy on</td>
<td>poultry</td>
</tr>
<tr>
<td>3. serving size</td>
<td>sugar</td>
<td>pasta</td>
<td>sweets</td>
</tr>
<tr>
<td>4. yogurt</td>
<td>sweets</td>
<td>oil</td>
<td>variety</td>
</tr>
<tr>
<td>5. sugar</td>
<td>sparingly</td>
<td>nuts</td>
<td>poultry</td>
</tr>
<tr>
<td>6. cereal</td>
<td>oil</td>
<td>yogurt</td>
<td>use</td>
</tr>
</tbody>
</table>

Vocabulary Exercise E

DIRECTIONS: Write the correct word in each sentence. Choose from the list of words. There are 6 words and 6 sentences. Use each word only once.

<table>
<thead>
<tr>
<th>serving size</th>
<th>variety</th>
<th>use</th>
</tr>
</thead>
<tbody>
<tr>
<td>go easy on</td>
<td>sparingly</td>
<td>group</td>
</tr>
</tbody>
</table>

1. At Christmas and other holidays, it is hard to ______________ candy.
2. A big grocery store has a large ______________ of fruits and vegetables for sale.
3. Do you ______ mayonnaise on a hamburger?
4. Oranges, apples and bananas all belong in the fruit ______________.
5. A __________________ of bread is usually one slice.
6. It’s probably a good idea to eat fat ______________.
Getting Information From The Internet

Exercise A: Food Guide Pyramid Introduction

1. Turn on the computer.

2. Get on the Internet by clicking the appropriate icon on your computer desktop.

3. Enter this URL: http://www.nal.usda.gov/fnic

   Click on: Food Guide Pyramid (in the left-hand column).


4. Read the first three paragraphs (before “What Counts as One Serving”) and discuss their meaning with your tutor.

Students: Please read the following two paragraphs about the Food Guide Pyramid.

Why Do We Use The Pyramid Shape?

We use the pyramid shape to show us which foods we should eat the most of each day. The pyramid shape also shows us which foods we should eat just a little of. The bottom of the pyramid is much larger than the top, showing that we should eat more of the foods pictured at the bottom. For example, the bottom or largest part of the Food Guide Pyramid is for the “Bread, Cereal, Rice and Pasta” group because we should eat more foods from this group (6-11 servings) than from any other group. The meat and dairy groups are smaller spaces near the top. These small spaces show us that we should eat only a couple of servings a day of meat and dairy products.

There are only five food groups. Fats, oils and sweets are not a food group. They are in the smallest section (at the very top of the pyramid) to show us we should use very little fats, sweets and oils. Look at the key in the upper right of the Food Guide Pyramid page. These symbols for fats, sweets and oils are found all over the pyramid. This shows us that fats, oils and sweets are in all kinds of foods. We are already eating some fats, oils and sweets when we eat other foods, so we should watch how much we add to foods.

Note to Tutor: Explain that the suggested number of servings (for example, 6-11 for the “Bread, Cereal, Rice & Pasta Group”) is a range. People select a specific number of servings based on their age and any special dietary needs.
5. Starting at the bottom of the Food Guide Pyramid, read the names of each food group and tell the number of recommended servings. Name the foods pictured in each group.

6. **WORKBOOK DIRECTIONS**: on the blank pyramid below, write in the name of each food group and the number of recommended daily servings.
Exercise B: Food Guide Pyramid Groups

Note to Tutor: If needed, students can use the site http://www.medem.com as a reference to figure out or check their answers for the “B and C” exercises. If that site does not work, use http://www.nal.usda.gov/fnic.

1. Enter this URL: http://www.medem.com
   In the search box, type the words: good food.
   Click on: Go.
   From the list, click on: Good Food That’s Good For You: The Food Guide Pyramid.
   Scroll down to find The four levels of the pyramid. You will need only the information in the three boxes for this exercise.

2. WORKBOOK DIRECTIONS: In the questions below, there are lists of four foods. Three of them belong to the same food group, but one does not belong to that group. Cross out the food that does not belong. Then write the name of the food group and the recommended number of servings for that group.

   **Example**
   
   orange  
   carrot  
   banana  
   peach

   Name of food group: ________________________________
   Recommended number of servings: _________________

   **Answer:**
   Cross out carrot.
   Name of food group: Fruit.
   Recommended number of servings: 2-4
1) broccoli
   lettuce
   spinach and kale
   orange

   Name of food group ____________________________________
   Recommended number of servings _______________________

2) watermelon
   peach
   cantaloupe
   salmon

   Name of food group ____________________________________
   Recommended number of servings _______________________

3) whole-grain bread
   low-fat milk
   yogurt
   cheese

   Name of food group ____________________________________
   Recommended number of servings _______________________
4) whole-grain bread
   tortilla
   bran flakes
   broccoli

Name of food group ____________________________________
Recommended number of servings _______________________

5) eggs
cantaloupe
salmon
beans

Name of food group ____________________________________
Recommended number of servings _______________________

6) sweet potatoes
   spinach and kale
   broccoli
   yogurt

Name of food group ____________________________________
Recommended number of servings _______________________

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Exercise C: Recommended Servings

1. If you need to, use the same URL you used for Exercise B on page 1-7.

2. Look at the food groups listed below. Write in the recommended number of servings from that group. Then write the name of a food in that group that you like to eat.

1) Milk, Yogurt & Cheese
   Recommended number of servings __________
   A food you like __________________________

2) Meat, Poultry, Dry Beans, Eggs & Nuts
   Recommended number of servings __________
   A food you like __________________________

3) Vegetable
   Recommended number of servings __________
   A food you like __________________________

4) Fruit
   Recommended number of servings __________
   A food you like __________________________

5) Bread, Cereal, Rice & Pasta Group
   Recommended number of servings __________
   A food you like __________________________
Vocabulary Review

DIRECTIONS: Write the correct word in each sentence. Choose from the list of words. There are 10 choices and 10 sentences. Use each word only once. One sentence uses both “use” and “sparingly,” so they are listed together in the list.

yogurt  pasta  cereal  poultry  serving size
sugar  nuts  sweets  groups  use, sparingly

1. Six to 11 servings are suggested for the “Bread, Cereal, Rice & __________” group

2. The Food Pyramid suggests that we should _____ fats, oils and sweets __________.

3. Meat from chicken, turkey and ducks is called ____________.

4. It’s healthful to eat low-fat foods from the “Milk, _________ & Cheese” group.

5. A ___________ ________ is a specific amount of a certain type of food.

6. Foods like candy, and cakes are called ____________.

7. ____________ is usually eaten for breakfast with milk.

8. What is your favorite food in the “Meat, Poultry, Dry Beans, Eggs and ________” group?

9. Sweets usually have lots of ______________.

10. The Food Guide Pyramid has five different food ____________.
Evaluation

**Note to Tutor:** Students will complete the evaluation (steps 1-5 below) with overall accuracy of 70% or better. That is a score of 14 or more correct. Please record the total score at the start of the evaluation section below and on the Overall Evaluation page at the back of the workbook.

**20 points possible**

Total score ______ (Goal is 14 or more)

1. Read the names of the five food groups.
   
   *(5 points possible)*
   
   Score: _____

   1) Bread, Cereal, Rice & Pasta
   2) Vegetable
   3) Fruit
   4) Milk, Yogurt & Cheese
   5) Meat, Poultry, Dry Beans, Eggs & Nuts

2. On the blank pyramid, write the name of each food group in its proper place. (The pyramid is on the next page.)

   *(5 points possible)*

   Score ______

   Vegetable    Meat, Poultry, Dry Beans, Eggs & Nuts
   Fruit        Bread, Cereal, Rice & Pasta
   Milk, Yogurt & Cheese

3. On the same pyramid, write the recommended number of servings for each group. You may choose from this list. Use each listing once.

   *(5 points possible)*

   Score ______

   1) 2-3 servings
   2) 2-3 servings
   3) 3-6 servings
   4) 3-6 servings
   5) 6-12 servings
4. Choose the correct answer for each question below. Circle the number of the answer you choose.

(5 points possible) Score ______

1) Which is the food group from which you should eat the most servings?.
   1. Meat, Poultry, Dry Beans, Eggs & Nuts
   2. Vegetable
   3. Bread, Cereal, Rice & Pasta
   4. Fruit
   5. Milk, Yogurt & Cheese

2) Which food group includes broccoli, spinach and kale?
   1. Fruit
   2. Meat, Poultry, Dry Beans, Eggs & Nuts
   3. Bread, Cereal, Rice & Pasta
   4. Milk, Yogurt & Cheese
   5. Vegetable

3) How many servings of the Milk, Yogurt & Cheese Group should you eat daily?
   1. 2-4 servings
   2. 3-5 servings
   3. 6-11 servings
   4. 2-3 servings
4) Which food group is most important to good health?

1. Fruit
2. Meat, Poultry, Dry Beans, Eggs & Nuts
3. Bread, Cereal, Rice & Pasta
4. Milk, Yogurt & Cheese
5. Vegetable
6. No food group is more important than another.

5) Which food group includes peanut butter, chicken and beef?

1. Milk, Yogurt & Cheese
2. Fruit
3. Vegetable
4. Meat, Poultry, Dry Beans, Eggs & Nuts
5. Bread, Cereal, Rice & Pasta