

Healthy Food Pyramid

FATS, OILS & SWEETS GROUP

USE SPARINGLY

The small tip of the Pyramid shows fats, oils, and sweets. These are foods such as oils, salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories and little else nutritionally.



MILK, YOGURT AND CHEESE GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of milk or yogurt
 1 1/2 ounces of natural cheese
 2 ounces of processed cheese



MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP

2-3 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 2-3 ounces of cooked lean meat, poultry, or fish
 1/2 cup of cooked dry beans or 1 egg or 2 tablespoons of peanut butter count as 1 ounce of lean meat.

VEGETABLE GROUP

3-5 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 cup of raw leafy vegetables
 1/2 cup of cooked vegetables
 3/4 cup of vegetable juice



FRUIT GROUP

2-4 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 medium piece of fresh fruit
 1/2 cup of chopped, cooked, or canned fruit
 3/4 cup of fruit juice



BREAD, CEREAL, RICE, AND PASTA GROUP

6-11 SERVINGS PER DAY
WHAT COUNTS AS A SERVING?
 1 slice of bread
 1 ounce of ready-to-eat cereal
 1/2 cup of cooked cereal
 1 cup of rice or pasta

Food Guide Pyramid Teach

Lawrence A. Tomei



Food Guide Pyramid Teach:

Grade 4 Know Your Body Teacher's Guide Institute For Cancer Prevention,2000-06 Grade 3 Know Your Body Teacher's Guide Institute For Cancer Prevention,2000 **Grade 2 Know Your Body Teacher's Guide** Institute For Cancer Prevention,2000 Grade K Know Your Body Teacher's Guide Institute For Cancer Prevention,2000 Team Nutrition's Teacher Handbook Sandra K. Shepherd,1997 This book is a summary of all the background and tools needed to utilize the Team Nutrition Scholastic curricula Contains brief background information for brushing up on nutrition basics step by step instructions for using the Food Guide Pyramid and food label lesson by lesson planners for integrating the activities into regular classes tips and jewels of wisdom from teachers who have paved the way and appendices containing forms worksheets etc *Challenges of Teaching with Technology Across the Curriculum* Lawrence A. Tomei,2003-01-01 Integrating both theory and practice with assessment to make learning outcomes possible this text is an invaluable reference for teachers who develop their own instructional materials or are asked to select software and web sites for their students Educators from across the United States offer their thoughts on technology in every aspect of education from science to the fine arts and from mathematics to special needs students Presented are example software packages and Internet sites that have been accumulated reviewed and assessed by these education professionals **Ag in the Classroom Notes** ,1997-03

Planet Health Jill Carter,2007 The second edition of Planet Health An Interdisciplinary Curriculum for Teaching Middle School Nutrition and Physical Activity offers an innovative approach to teaching health education You can use this proven evidence based curriculum to teach students about nutrition and physical activity while helping them build skills and competencies in language arts math science social studies and physical education The curriculum is designed for use by teachers in core academic areas as well as in physical education and health This new edition includes revised nutrition and physical activity information ensuring that you re equipped with the most up to date science The book also includes an all new CD ROM with plenty of reproducible worksheets parent information and newsletters school health resources and other teacher resource materials Like the popular first edition Planet Health provides 35 complete ready to use lesson plans and 31 microunits that promote healthy nutrition and activity materials and instructions to implement Power Down a two week campaign to reduce television and other media viewing time which you can launch in the classroom or school wide and FitCheck a self assessment tool to help students track and improve their activity levels In addition the book includes access to a Web site which features a teacher training PowerPoint presentation a Planet Heath FAQ and more Planet Health Second Edition encourages students to think holistically about how health behaviors are interrelated and it offers a constructivist approach to teaching and learning With this approach you can build on your students knowledge and experiences to create an active inquiry based student centered learning environment one in which students learn best as they construct meaning for themselves Developed by educators and scientists at the Harvard School of Public Health Planet Health Second Edition is

aligned with the Massachusetts Department of Education Curriculum Frameworks learning standards for health language arts math science and technology and history and social science and it meets the standards in many other states Every Planet Health lesson incorporates a range of language arts learning standards and engages students through discussion ideas for small or large groups in which they cooperatively learn and solve health related issues Active discussions are used to encourage higher level thinking and cognition and peer group work fosters social development This new edition of Planet Health is the perfect antidote to kids inactivity poor food choices and high levels of screen viewing time Acquiring good habits regarding nutrition and physical activity in adolescence often carries over into adulthood Help your students develop good habits now with Planet Health Second Edition and they ll have a better chance of growing into healthy adults

The American Dietetic Association Guide to Healthy Eating for Kids Jodie Shield, M.Ed., R.D, Mary Catherine Mullen, M.S., R.D, 2007-08-17 What your kids should eat to get a real nutritional edge This is a book every parent can use and appreciate Julie O Sullivan Maillet PhD RD President American Dietetic Association Does your grade schooler ever trade away his lunch Does she only pick at her dinner at home or complain she doesn t like what s set before her The grade school years are nutritionally a very important time for children and getting your child to eat healthy and make smart choices can be a challenge Written with the full support of the American Dietetic Association the American Dietetic Association Guide to Healthy Eating for Kids arms you with practical skills to make sure your kids are eating right even when they re not under your roof Jodie Shield and Mary Catherine Mullen are mothers as well as registered dietitians with more than twenty years of professional experience in childhood nutrition Their five star system offers hands on advice on how to turn eating dilemmas into fun nutritionally educational opportunities Whether your child is a breakfast skipper an unreasonable eater a lunch trader or even a snack a holic you ll find fast real life solutions for transforming eating habits including Banishing brown bag boredom Secrets of successful family meals Smart snacks for hungry kids The top nutrition mistakes parents make Fueling your grade schooler for fitness The principles of menu planning Breakfast basics for busy families Teaching smart nutrition to your young athlete Developing a gold star feeding relationship with your child Offering delicious recipes your child won t be able to resist this timely reference gives you all the nutrition knowledge you need to teach your child how to eat smart now and for the rest of his or her life

Managing Child Nutrition Programs Josephine Martin, Martha Conklin, 1999 Health Sciences Nutrition

This book delves into Food Guide Pyramid Teach. Food Guide Pyramid Teach is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Food Guide Pyramid Teach, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Food Guide Pyramid Teach
 - Chapter 2: Essential Elements of Food Guide Pyramid Teach
 - Chapter 3: Food Guide Pyramid Teach in Everyday Life
 - Chapter 4: Food Guide Pyramid Teach in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Food Guide Pyramid Teach. The first chapter will explore what Food Guide Pyramid Teach is, why Food Guide Pyramid Teach is vital, and how to effectively learn about Food Guide Pyramid Teach.
3. In chapter 2, this book will delve into the foundational concepts of Food Guide Pyramid Teach. This chapter will elucidate the essential principles that must be understood to grasp Food Guide Pyramid Teach in its entirety.
4. In chapter 3, this book will examine the practical applications of Food Guide Pyramid Teach in daily life. The third chapter will showcase real-world examples of how Food Guide Pyramid Teach can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Food Guide Pyramid Teach in specific contexts. This chapter will explore how Food Guide Pyramid Teach is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Food Guide Pyramid Teach. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Food Guide Pyramid Teach.

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