

THE FOOD PYRAMID – INTEGRATION



LANGUAGE ARTS

- 🍏 Keep a food journal for a week.*
- 🍏 Compare and contrast healthy eating with unhealthy eating.*
- 🍏 Read books with a food theme – discuss/write.*
- 🍏 Use nutrition concepts (such as variety, balance and moderation) for spelling/vocabulary words.*
- 🍏 Write oral report on the important nutrients in a pyramid group.*
- 🍏 Create a healthy class cookbook. (Have students bring in fat/sugar laden recipes and explore ways to make them better.)*

SCIENCE/HEALTH

- 🍏 Conduct experiments on foods (fat content, presence of sugars, leavening, etc.).*
- 🍏 Prepare and taste foods from the pyramid.*
- 🍏 Study the digestive system.*

SOCIAL SCIENCE/GEOGRAPHY

- 🍏 Study foods from different countries. Where do they fit on food pyramid?*
- 🍏 Research: how foods were prepared, preserved and stored historically; also availability of foods in various seasons and locations.*

MATH

- 🍏 Explore geometry of pyramid; reasons used to illustrate good nutrition.*
- 🍏 Double or half a recipe; learn how to use measuring equipment in cooking.*

PHYSICAL EDUCATION

- 🍏 Use food cards and a blank pyramid for a relay game.
- 🍏 Discuss calories and exercise; experience amount of running in place to burn off a candy bar or an apple.*
- 🍏 Form a circle and do movement activities while students practice classifying foods on the pyramid.*

ART/MUSIC

- 🍏 Create a class or individual pyramid collage.*
- 🍏 Create puppets for a student-written nutrition puppet show.*
- 🍏 Write a nutrition poem and set it to music.*

**Teaches nutrition concept.*