



HEALTH SCIENCES/NUTRITION

TITLE: Nutrition and You: Popcorn in the Food Pyramid.

SUBJECT: Science/Health

GRADE LEVEL: K-3

MATERIAL(S): Food props, popcorn, Food Pyramid graphic (download at: <http://www.usda.gov/cnpp/KidsPyra/KIDPYRgs.pdf>)

OBJECTIVE(S): Students will understand that our bodies need good foods (healthy nutrition) to keep us in tip top form

OVERVIEW

1. Write the word "Nutrition" on the board. Explain that good nutrition means that we are eating healthy foods for our bodies, and that our bodies need good food to keep them healthy and well.
2. Have two plates to display for the students. One will have candy, chips, soft drink on it. The other will have vegetables, 100% fruit juice, and cheese.
3. Ask students what will happen if we only eat the kinds of foods found on plate 1?
4. Ask students what will happen if we eat the kinds of foods found on plate 2?
5. Show the students the food pyramid and briefly identify the different food groups. Discuss where popcorn fits into the food pyramid.
6. Lead discussion about why we eat, and why food and good nutrition is important.

For information on the importance of grain in the diet, visit the United States Department of Agriculture, Center for Nutrition Policy and Promotion, <http://www.usda.gov/cnpp/publications.html>, and view "Get on the Grain Train."