Building a Pyramid

**Introduction:** Exercise and proper nutrition are essential to good health. In this lesson, students will create a poster or brochure in which they present three meals that will satisfy the requirements of the new food guide pyramid.

**Grade Level and Subject:** Fifth Grade Health

**TEKS:** 1a, 1b, 1c, 3a, 3b, 9c

**Materials:** poster board or construction paper, markers, glue, scissors

**Resources:** computer with internet access, health textbook, health and nutritional brochures

**Websites:**
- [http://www.mypyramid.gov/pyramid](http://www.mypyramid.gov/pyramid)
- [http://kidshealth.org/kid/stay_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)
- [http://kidshealth.org/kid/stay_healthy/food/vitamin.html](http://kidshealth.org/kid/stay_healthy/food/vitamin.html)
- [http://www.nutritiondata.com](http://www.nutritiondata.com) (This site allows students to enter a food and gives the complete nutritional breakdown of that food.)

**Activity:** Divide the class into groups of three. Each group will research and produce a poster or brochure in which they examine the new food guide pyramid and create a one-day menu that satisfies the requirements. Posters or brochures should include, but are not limited to, the following information:

- an illustration of the food guide pyramid, including number of servings per day and amount per serving;
- examples of foods in each category;
- the six major nutrients;
- a detailed menu for a day, including serving size and nutritional information (vitamins, minerals, protein, fats, carbohydrates);
- chart showing how the menu fulfills food guide pyramid requirements; and
- creative title and colorful illustrations.

**Evaluation:** Evaluate posters or brochures based on the above criteria.