

## Food Pyramid Rhythmic Activity, Balanced Diet, Body Mind Map

**Objective:** Students can use the body as a mental picture of the food pyramid

**Cognitive Link:** Body mind mapping engages the memory pathways for increased retention and retrieval of memory

**Academic Concepts:** Nutrition, food groups, moderation

**Equipment:** Bodybrain, a picture of the pyramid (a handout or one made by the student)

**Organization:** Students have enough space to move. Students stand with feet wide and hands to the side to represent the pyramid.

**Anticipatory Set:** Teacher's quote: "What did you have for breakfast this morning? What food groups did your meal represent? The food pyramid gives us a model or guideline for a balanced diet. Can you remember the parts of the food pyramid? Here is a way to help you remember.

**Activity:**

The New Food Pyramid

1. Tape the pyramid to the chest of all students and go over each color band and what food group it is and the foods in the group.

**Grains** – bread, pasta, rice, crackers, cereal, muffins, doughnuts

**Vegetables** – green beans, lettuce, tomatoes, French fries, potatoes, corn, peas, etc.

**Fruits** – apple, pineapple, bananas, oranges, fruit cocktail, fruit juice, applesauce,

**Oils** – olive oil, canola oil, butter, lard, vegetable oil, Crisco

**Milk** – Skim or 1% milk, yogurt, pudding, frozen yogurt, ice cream, cheese

**Meat and Beans** – lean beef, chicken, lean pork, fried chicken, steak, hamburger, tuna, baked beans, fish sticks, chicken nuggets

2. Then go back to the grains, and go over each food listed (and more if you can think of them) and have the students determine if it would be a food with a lot of nutrients they would want to eat every day or occasionally. The foods eaten every day would be at the bottom of the pyramid and they would run in place for those foods. The occasionally eaten foods in those food groups would be at the top and they would jump with their hands on their heads to indicate the tip of the pyramid.

**Closure:** What would a balanced meal look like? A balanced diet can help keep your brain healthy for better learning.