Purpose
• To help children learn the names of the food groups in *MyPyramid for Preschoolers*
• To help children learn why eating foods from all food groups is important in order to grow and play
• To reinforce being physically active every day
• To reinforce naming the basic colors

Supplies Needed
A large color poster or image of *MyPyramid for Preschoolers*, found at [www.mypyramid.gov/tips_resources/printmaterials.html](http://www.mypyramid.gov/tips_resources/printmaterials.html)

What to Do Ahead of Time
Set up the activity in a large open space where the children have room to spread out.

Post the *MyPyramid for Preschoolers* poster at the front of the room where all the children will be able to see it.

Review the lesson plan and become familiar with the motions for the activity. The options listed are for older children who are able to march and do arm motions easily at the same time. For younger children, keep the motions simple.
Activity A. Learn about MyPyramid

- Have the children sit in the open space by the poster.
- On the MyPyramid for Preschoolers poster point out the children being active and the colorful pyramid shape.
- Tell the children that their bodies need food to grow and play. Tell the children the poster helps show what foods we need each day.
- Ask the children to help you name the colors of the bands on the pyramid. Hold one hand up and use the pointer finger of the other hand to count the groups as the colors are named.

| Orange  | Green  | Red  | Blue  | Purple |

**Tell the children**
There are five food groups
- Just as there are five fingers on one hand.
- Each color band is a different food group.
- Each food group helps their bodies in different ways.
- Food from the food groups gives us energy to grow and play.
- Food also provides what our bodies need to grow and be healthy.

**Show the children**
Show fingers on a hand.
Point to the color bands.
We are going to find out how the foods in each food group help us grow and play.

**Tell the children**
The grain group is the color orange.  
Bread, rice, pasta, and cereals are grain group foods.  
Grain group foods give us energy to play and grow.

**Show the children**
Point to the orange band.

The vegetable group is the color green.  
Spinach, tomatoes, carrots, and broccoli are vegetables.  
Vegetables give us healthy eyes.

Point to the green band.

The fruit group is the color red.  
Strawberries, oranges, apples, and pears are fruits.  
Fruits help keep our skin healthy.

Point to the red band.

The milk group is the blue band.  
Milk, yogurt, and cheese are milk group foods.  
Milk group foods make our bones and teeth strong.

Point to the blue band.

The meat and beans group is the purple band.  
Fish, chicken, hamburger, eggs, beans, and peanut butter are all meat and beans group foods.  
Meat and beans group help our muscles grow and be strong.

Point to the purple band.
Activity B. MyPyramid for Preschoolers Activity and Review

Say to the children,

Now, we are going to act out motions to help us know why we need each food group. Acting out motions is a way to be active today. Do you see the active children on the poster? We need to play or be active every day.

Ask the children to stand up. Have the children leave enough space between themselves and the next child so that each can reach their arms out to the side without touching the next person.

Show the children how to march in place. Continue to march with the children while you ask and help the children answer the questions, two or more times as desired.

**Ask the children**
- What color is the grain group?
- What do grain group foods give us?
- Why?

**Answer with the children**
- Orange
- Energy
- So we can grow and play!

Show the children how to make a circle with their thumb and index finger. Make a circle with each hand. Lift the circles up to the eyes to make a pretend set of binoculars. Option: To increase activity level, have the children march in place as they look through the pretend binoculars. Make the motion with the children while you ask and help the children answer the questions, two or more times as desired.

- What color is the vegetable group?
- What do vegetables give us?
- Why?

- Green
- Healthy eyes
- So we can grow and play!
Show the children how to reach out one bare arm and run their other hand along the length of their arm for the motion for healthy skin. If necessary, push sleeves up to bare arms. Option: To increase activity level, have the children march in place while they show the motion for healthy skin. Make the motion with the children while you ask and help the children answer the questions, two or more times as desired.

What color is the fruit group? Red
What do fruits give us? Healthy skin
Why? So we can grow and play!

Show the children how to lean forward and touch the bones at their ankles and knees. Stand to touch bones in the elbow and the top of the head and then point to the teeth. Make the motion with the children while you ask and help the children answer the questions, two or more times as desired.

What color is the milk group? Blue
What do milk group foods give us? Strong bones and teeth
Why? So we can grow and play!

Show the children how to flex their arm muscles. Option: To increase activity level, have the children march in place while they flex their arm muscles. Make the motion with the children while you ask and help the children answer the questions, two or more times as desired.

What color is the meat and beans group? Purple
What do meat and beans group foods give us? Strong muscles
Why? So we can grow and play!

Try this fun activity with the children on a rainy day.