



## Digesting The Food Pyramid

### How to play:

- The purpose of this activity is to identify food groups in which foods belong on MyPyramid ([www.mypyramid.gov](http://www.mypyramid.gov)).
- This activity is done to a cadence beat while students are marching in place.
- The teacher recites one line of the cadence at a time and the students repeat it.
- After the cadence is completed, the students continue to march as the teacher gives the activity that will be used for this round of food choices.
- The teacher begins to call out meal choices. The students must decide to which food group the meal choices belongs.
- The teacher calls on the students, one at a time, as they name a food group from the food pyramid that one of the foods in the meal/item represents.
- As each food group is identified, the students do the activity chosen for the round while they count aloud to ten.
- The teacher continues calling on students until all of the food choices have been assigned to a food group in the pyramid.
- After the teacher has called out 5 different meals/items, the cadence is repeated and a new round with a new activity continues in this same manner.
- Class continues until 10 minutes of physical activity have been completed.

### Intermediate/Advanced:

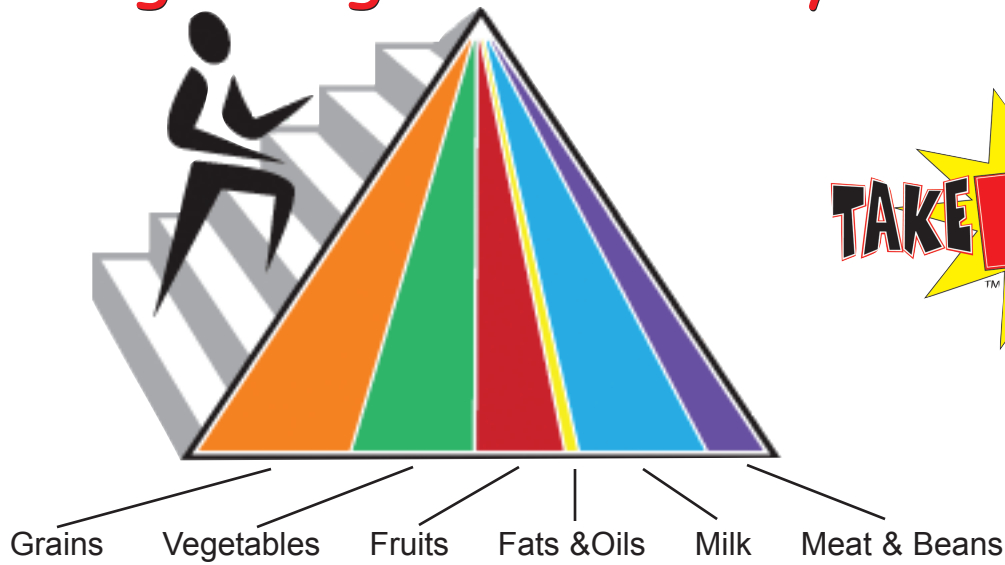
- Teacher can call on students to name foods or ask students to name foods and the recommended servings per day. (See MyPyramid.gov for details).
- Call out more food item combinations such as, a banana split (with low-fat yogurt) with chocolate syrup, pineapple and strawberry toppings. Don't forget the banana as one of the fruits! Another example is broccoli with cheese - vegetable and dairy groups are named while students continue to march.



### How Health Smart Are You?

1. Which organ is responsible for excreting digestive enzymes into the small intestines to help break down food?  
Hint: It also produces the insulin in your body.
2. Digestion begins with saliva breaking down the food.  
Where in your body does this occur?

# Digesting The Food Pyramid



Source: [www.MyPyramid.gov](http://www.MyPyramid.gov)

**Chorus:** (Students march in place while doing this cadence. Teacher recites each line and the students repeat.)

We digest food for energy, (Class repeats)

It's good to eat a variety. (Class repeats)

Breads, veggies, fruit and meat, (Class repeats)

A dairy product or a treat. (Class repeats)

Give us a food as we march away, (Class repeats)

We'll tell which groups as we play. (Class repeats)

## Activities:

Jumping Jacks

Vertical Jumps

Forward Kicks

Squats

Lunges

**Teacher:** The activity for this round is Jumping Jacks

**Teacher:** (Calls out a food) in the cafeteria you chose: a salad, apple, whole wheat roll, baked chicken breast and a cookie. From which food groups did you eat?

**Student:** Salad is from the vegetable group. (Students raise their hands to name one of the food groups that this meal (food item) represents. Students complete 10 jumping jacks for the correct answer.)

**Another student:** The whole wheat roll is from the grain group.

**Teacher:** (Continues calling on students until all of the food groups from that meal/item have been identified. For example, in the above case another student would classify the cheese as a milk group and another would classify the milk from the milk group each time doing the correct number of jumping jacks. The teacher calls out several different meals/items during each round while students are marching in place. For "Fats, Oils & Sweets" have the students squat down low as they recite "sparingly" for these foods.)

**Repeat chorus for a new round and a different activity.**